

Better Beginnings[®]

Benefit Option Selection Form

Please choose your Better Beginnings[®] Benefit Option package and return this form with your completed Health Risk Assessment questionnaire.

Member Name: _____

Subscriber's Name: _____

ID# (found on your insurance card): _____

Review the list of Benefit Options on page 2, then make your selection.

I would like **Benefit Option:**

___ **A** – Standard Benefit

___ **B** – Breastfeeding/Back to Work

___ **C** – Twins/Multiples Pregnancy

___ **D** – English as a Second Language

___ **E** – Late Enrollee (*only available option if enrolling between 34-40 weeks*)

I would like to receive the how-to instructional video, ***Baby's First Months*** on:

___ VHS ___ DVD ___ Decline

Book Voucher...

After your first phone call with your registered nurse case manager, you'll receive a letter outlining the program, as well as a book voucher. The book voucher entitles you to receive one free book from a selection of fifteen.

Please send your completed Better Beginnings[®] Benefit Option Selection Form to:

**BCBSVT
Better Beginnings Program
P.O. Box 186
Montpelier, VT 05602**

Better Beginnings® Benefit Options

You can select from five different benefit options. The earlier you join, the more benefits you can derive from the program!

Option A – Standard Benefit
<ul style="list-style-type: none"> One book from the <i>Better Beginnings</i> book voucher list
<ul style="list-style-type: none"> <i>Baby's First Months</i>, DVD or VHS on infant care
<ul style="list-style-type: none"> Childbirth class reimbursement up to \$75
<ul style="list-style-type: none"> Two coupons for parents' free admission to Infant/Child CPR class through Vermont Red Cross (<i>Vermont residents only</i>)
<ul style="list-style-type: none"> Three post-delivery visits with VNA* nurse or IBCLC* or combination, to be used within 60 days of coming home with your baby
<ul style="list-style-type: none"> Nine hours of homemaker services to be used within 60 days of coming home with your baby

Option B – Breastfeeding/Back to Work
<ul style="list-style-type: none"> One book from the <i>Better Beginnings</i> book voucher list
<ul style="list-style-type: none"> <i>Baby's First Months</i>, DVD or VHS on infant care
<ul style="list-style-type: none"> Childbirth class reimbursement up to \$75
<ul style="list-style-type: none"> Two coupons for parents' free admission to Infant/Child CPR class through Vermont Red Cross (<i>Vermont residents only</i>)
<ul style="list-style-type: none"> Three post-delivery visits with VNA* nurse or IBCLC* or combination, to be used within 60 days of coming home with your baby
<ul style="list-style-type: none"> Voucher for personal use electric breast pump†

Option C – Twins/Multiples
<ul style="list-style-type: none"> One book from the <i>Better Beginnings</i> book voucher list
<ul style="list-style-type: none"> <i>Baby's First Months</i>, DVD or VHS on infant care
<ul style="list-style-type: none"> Childbirth class reimbursement up to \$75
<ul style="list-style-type: none"> Two coupons for parents' free admission to Infant/Child CPR class through Vermont Red Cross (<i>Vermont residents only</i>)
<ul style="list-style-type: none"> Four post-delivery visits with VNA* nurse or IBCLC* or combination, to be used within 60 days of coming home with your baby
<ul style="list-style-type: none"> Voucher for personal use electric breast pump† OR Nine hours of homemaker services to be used within 60 days of coming home with your baby

Option D – English as a Second Language
<ul style="list-style-type: none"> Educational materials in your native language
<ul style="list-style-type: none"> Voucher for personal use electric breast pump†
<ul style="list-style-type: none"> Telephonic interpreter for calls with our <i>Better Beginnings</i> case manager, if needed
<ul style="list-style-type: none"> Childbirth class reimbursement up to \$75 or one additional VNA* nurse visit for childbirth education
<ul style="list-style-type: none"> Three post-delivery visits with VNA* nurse or IBCLC* or combination, to be used within 60 days of coming home with your baby
<ul style="list-style-type: none"> Interpreter for your doctor or midwife, VNA* nurse or IBCLC* visits

Option E – Late Enrollee (only available Option if enrolling between 34-40 weeks)
<ul style="list-style-type: none"> One book from the <i>Better Beginnings</i> book voucher list
<ul style="list-style-type: none"> <i>Baby's First Months</i>, DVD or VHS on infant care
<ul style="list-style-type: none"> Three post-delivery visits with VNA* nurse or IBCLC* or combination, to be used within 60 days of coming home with your baby

KEY:

VNA = Visiting Nurse Association Nurse

IBCLC = Internationally Board Certified

Lactation Consultant

† One portable electric breast pump purchase will be allowed per lifetime

Notes: We are now offering all of our options to out-of-state residents.

Also, please note that some of these services are generally not covered by your contract. They are being provided only in connection with this program. The fact that we provide these benefits in one instance does not obligate us to do so again.