

Better Beginnings®

SERVICES OVERVIEW

You may choose to use all, some or none of these benefits, depending on your needs and wishes.

If you choose to enroll in our specialty case management program...

Our specialty nurse case managers may:

- Work with you to set goals for your pregnancy and help you achieve them
- Provide you with additional resources/information on certain aspects of your pregnancy
- Work together with your health care providers to help you follow your plan of care
- Offer additional emotional support during your pregnancy and post-delivery
- Help you to locate and gain access to additional community resources
- If necessary, tailor benefits to help you carry your baby to term

The nurse provided under your skilled nursing visit benefit may:

- Check your baby to make sure he or she is healthy
- Discuss your recovery and check on your general health after delivery
- Administer certain procedures or blood tests requested by your baby's pediatrician
- Help you with any concerns or questions you may have about feeding your baby
- Consult with you on breastfeeding your baby

The lactation consultant may:

- Help you with challenging breastfeeding difficulties, e.g., baby with cleft palate, breastfeeding twins, milk supply issues, preparing for return to work and breast pumping

The homemakers provided under your homemaker benefit may:

- Cook meals for you and your family
- Help with light housekeeping
- Help care for older children while you and your baby become acquainted