

PARTNERS IN PREGNANCY

Support for Expecting Mothers



WE OFFER EXPERIENCE AND UNDERSTANDING

Partners in Pregnancy is free to Optima Health members. By participating in Partners in Pregnancy, you will have access to experienced pregnancy and childbirth nurses, clinical case managers, licensed social workers, and service coordinators to help you:

- Maintain healthy habits throughout your pregnancy.
- Develop a healthy nutrition and activity plan.
- Maximize your benefits and resources.
- Understand healthy tips mailed directly to your home.
- Locate important community resources, classes, and services.
- Coordinate prenatal care and appropriate risk screening.

Regular prenatal care and education can help prevent premature birth and low-weight babies.

Eligible members will receive a waiver for their \$300 inpatient copay when joining the program in the first 16 weeks of pregnancy.

OUR PROGRAMS INCLUDE SUPPORT FOR:

Reducing Stress During Pregnancy

Stress during pregnancy not only affects you, but also your baby. We will offer you support and advice for reducing stress during this special time.

Early Labor Signs

You will receive education on early labor signs. It is important to know what symptoms to look for and how to react in case this occurs.

Postpartum Depression

Postpartum Depression affects about 10% of mothers. With this program, you will be educated on the symptoms and signs of postpartum depression. If you experience this, Optima offers the support to get you through.

TO REGISTER CALL

1-866-846-2682

FOR MORE INFORMATION VISIT

optimahealth.com/cova or

email: pregnancypartner@optimahealth.com

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