



Prenatal Program

Healthy Babies Start With Healthy Pregnancies

When you're expecting, you hope for an uncomplicated pregnancy and a healthy baby. PacificSource understands these concerns and is pleased to offer the Prenatal Program, a preparation program that helps you take care of your baby even before he or she is born.

What are the program benefits?

The PacificSource Prenatal Program helps expectant mothers learn more about their pregnancy and the development of their child. Research has shown that education, support, and access to appropriate prenatal care can positively affect pregnancy outcomes.

As a participant, you'll receive an information package that includes:

- **A book** for each parent on caring for a newborn and becoming a family
- **Educational fliers, bimonthly emails, and newsletters**
- **No-cost prenatal vitamins** when prescribed by your doctor and filled through an in-network pharmacy
- A toll-free phone number you can call Monday to Friday from 8 a.m. to 5 p.m. to receive **support from our prenatal nurse**. You will have access to this number throughout your pregnancy and for six weeks after your baby is born.

A nurse will speak with you by phone to complete enrollment in the program and talk with you briefly to learn more about you and your pregnancy. Your nurse is available by phone throughout your pregnancy to answer your questions and offer pregnancy-related information so that you can get the most out of our program.

Your provider will be notified of your participation in the program and is welcome to contact the program nurse.

You'll receive an additional packet of helpful information about what to expect when you go home with your baby and on child safety.

Who is eligible for the program?

All members and dependents covered under a PacificSource group or individual health plan are eligible for the program at no charge. The program is completely confidential, and participation is voluntary.

How do I register?

Registration is easy. Simply call **(888) 987-5805**. Or visit **PacificSource.com** and click on Members > Extras and Wellness Programs > Prenatal Program. After you register, a Prenatal nurse will call to complete your enrollment. Then everything you need will be sent directly to your home.

It is important to sign up in the first three months of pregnancy, or as soon thereafter as possible. The earlier in your pregnancy you register, the sooner the benefits begin for you and your baby!

Questions?

Our Prenatal Team is happy to help.

Phone

Toll Free: **(888) 987-5805**

Email

pregnatal@pacificsource.com

PacificSource.com



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Prenatal Vitamin Program Information

What is the Prenatal Vitamin program?

As part of your PacificSource pharmacy benefit, if you are pregnant, or between the ages of 15 and 45, you can receive licensed provider-prescribed prenatal vitamin supplements at no cost. We offer this benefit to ensure improved access to important vitamins prior to and during pregnancy, to promote healthy fetal development and to optimize healthy baby outcomes. This program is free for our members with pharmacy benefits.

What vitamin supplements are covered?

Visit **PacificSource.com/prenatal** to find out which prenatal vitamins are covered at this time.

Are there limitations?

- You must have active pharmacy benefits to be eligible.
- The prescription must be written by a licensed prescriber.
- The program is only offered to female members of child-bearing age (between 15 years and 45 years).
- Coverage is only allowed for certain vitamin supplements. Visit **PacificSource.com/prenatal** to find out which supplements are covered at this time. Your doctor must include the NDC number specific to one of the covered vitamins. Over-the-counter vitamins are not covered.

How do I request and obtain my prenatal vitamins?

- Visit **PacificSource.com/prenatal** to find out which vitamins are covered at this time. At your next doctor's appointment, ask your provider to prescribe one of the listed prenatal vitamins with the numbers included.
- Present the prescription at a PacificSource in-network pharmacy. For a complete list of in-network pharmacies by state, go to **PacificSource.com/member/pharmacy-network**.
- Please reference your member handbook or policy information, as you may be eligible to receive a 90-day prescription by mail through one of our participating mail order pharmacies.

How do I obtain refills of my vitamins?

Call the pharmacy where you had the prescription filled to order a refill. If you have any questions, please contact the PacificSource Pharmacy team at **(800) 624-6052, ext. 3784** or **(541) 225-3784**.