

# I'm Pregnant! .... Now What?

## 1. Women's and Family Health Pregnancy and Parenting Support

Whether you are pregnant or planning to get pregnant, TRS-ActiveCare offers the right tools and resources to guide you on your journey into parenthood.

- **Ovia Health™** apps are for tracking your cycle, pregnancy and baby's growth. The apps are available in English and Spanish,\* and provide videos, tips, coaching and more.
  - **Ovia Fertility:** Track your cycle and predict when you are more likely to get pregnant.
  - **Ovia Pregnancy:** Monitor your pregnancy and baby's growth week by week leading up to your baby's due date.
  - **Ovia Parenting:** Keep up with your child's growth and milestones from birth through three years old.
- **Well onTarget®** offers digital self-management programs to support healthy pregnancies through every stage. Access these programs by going to [www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare) and log in to your Blue Access for Members portal. Click on the **Well onTarget** link on the left side of the homepage, under "quick links" and click "menu" in the upper left corner. Select "self-management programs" and choose one of the five available "Nurturing Your Healthy Pregnancy" courses.

Plus, if your pregnancy is high-risk, BCBSTX will provide support from maternity specialists to help you care for yourself and your baby. Having a baby changes everything, so use these resources to help you get ready .

Please call a Personal Health Guide at **1-866-355-5999** if you have questions or want to learn more.



Participants can download any of the **Ovia Health** mobile apps from the Apple App Store or Google Play. During sign-up, choose "I have **Ovia Health** as a benefit." Then, select BCBSTX as your health plan, and enter TRS-ActiveCare as your group name.

**Baylor Scott & White HMO—Maternity Care Management** - Are you expecting? You can receive helpful tips and assistance during pregnancy and for one year after birth. Benefits include access to a nurse 24/7 during pregnancy, in-home support for high-risk conditions (such as diabetes, hypertension and severe nausea), depression screening following delivery, parental education for newborn health during the first year, immunization reminders, and planning for returning to work. Sign up by calling the customer service number on the back of your ID card.



2. **How are newborns covered by TRS-ActiveCare?** Employees must enroll newborns within 31 days from the date of birth. TRS-ActiveCare automatically provides coverage for a newborn child of a covered employee for the first 31 days after the date of birth. However, the employee must add coverage for the newborn by completing paperwork in the Benefits Office within 31 days from the date of birth. The effective date of coverage for the newborn child is the date of birth. Note: Newborn grandchildren are not automatically covered by TRS-ActiveCare for the first 31 days; however, a covered employee may enroll eligible newborn grandchildren within 31 days after the newborn's date of birth. **It is not necessary to wait for the newborn's Social Security number to enroll.** Changing plans must be made within 31 days after the newborn's date of birth (the plan change becomes effective the first of the month following the date of birth unless date of birth is first of the month). If the intent is to cover a newborn under another commercial plan, this plan information should be provided to the hospital upon admission instead of the TRS-ActiveCare policy information. If the child is being added to another health plan other than TRS-ActiveCare, contact Blue Cross and Blue Shield of Texas Customer Service at 1-866-355-5999 to coordinate benefits. For assistance with Baylor Scott & White HMO, call 1-800-321-7947.

3. **Add baby to insurance - 31 days:** After the baby is born, you have 31 days from the date of birth to add the baby to your insurance (health, life, etc...). A phone call, telephone message or email is **NOT** a form of enrollment. To enroll, you must complete paperwork in the Benefits Office and bring with you the following:



- **Verification of Birth Facts** - You usually receive this from the hospital upon discharge.
- **Social security number** - If not available at the time of enrollment, just call the Benefits Office as soon as you receive it. **(Do not delay enrollment waiting on the SS#).**

4. **Leave Request—To Do:** If you are a para-professional or professional employee, you will need to complete a leave request on **Eduphoria** within five days of needing tenure and follow the Eduphoria instructions. If you have any questions, please email Rhonda Ferrin in Personnel at [rferrin@mesquiteisd.org](mailto:rferrin@mesquiteisd.org). If you are not a para-professional or professional employee, please contact your supervisor for leave requirements.

**Note: Maternity leave is NOT a paid leave unless you have accrued days.**

5. **Disability**—If you have short term disability (STD), report a claim as soon as possible after the baby is born or after you are unable to work for any other reason. To file a claim by telephone, contact The Standard's Claim Intake Service Center at 800-378-2395. To file a claim online, go to [www.standard.com](http://www.standard.com) and click on "file claim" to begin the claim process. Note: group policy number is 759085.
6. **Gap/hospital indemnity**—If you carry gap or hospital indemnity insurance, submit a claim online or complete a paper application. Information available on the MISD website: [www.mesquiteisd.org](http://www.mesquiteisd.org), Departments, Benefits, Online Employee Benefits Center, Benefit Plans & Premiums or [www.mesquiteisd.org](http://www.mesquiteisd.org), Staff, Forms, Benefits Forms & Instructions, Claim Forms & Instructions.
7. **Need a sub?**—Please contact the substitute manager, Jennifer Johnson in Personnel at [JJohnson10@mesquiteisd.org](mailto:JJohnson10@mesquiteisd.org) for any questions regarding requesting a substitute during your absence.



Visit the Mesquite ISD Benefits Website for more information  
[www.mesquiteisd.org](http://www.mesquiteisd.org) / Departments / Benefits Email:  
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