

PREGNANCY & LACTATION BENEFITS

HAVE A HEALTHY BABY!

Prepare for your new baby:
Take advantage of what
your health plans offer.

If you are pregnant or lactating, your health and dental plans offer a variety of no cost services to help the health of you and your baby. Make sure to consider taking advantage of cost-saving Flexible Spending Accounts (FSAs) for your family's healthcare (including breastfeed-ing supplies) and childcare expenses.

Enroll your baby!

For a newborn or adopted child, submit a completed SFHSS enrollment application, a copy of the birth certificate or adoption documentation, and Social Security Number within 30 days from the date of birth or adoption placement.

For more information visit:
[http://www.myhss.org/member_services/
changing_benefit_elections.html](http://www.myhss.org/member_services/changing_benefit_elections.html)

Remain covered while you're out!

If you take any unpaid leave as part of your maternity/paternity leave, maintain coverage by contacting SFHSS at 415-554-1750 within 30 days of the unpaid leave to make sure employee premium contributions are paid.

PREGNANCY SUPPORT

Kaiser Permanente Members call the nurse advice line at 1-866-454-8855 or email your doctor. Visit www.kp.org/pregnancy to find in-person classes and support groups.

United Healthcare/City Plan Members call 1-888-246-7389 or visit www.healthy-pregnancy.com/UHC/ for the Healthy Pregnancy Program.

Blue Shield Members log on to www.blueshieldca.com/prenatal and fill out the online enrollment form. Or call 1-877-371-1511 and request a prenatal education packet.

FREE PUMPS & LACTATION SUPPORT

Kaiser Permanente Members: Receive a retail-grade dual electronic breast pump. Call 1-877-291-5202 after the birth of your baby. You have 180 days after the birth of your baby to request this pump at no charge.

United Healthcare/City Plan Members: Members may obtain one dual, electric pump without cost-share per pregnancy by contacting a network doctor or DME supplier up to 30 days before their baby's estimated delivery date or 365 days after they've delivered. The list of suppliers is available to members by calling the number on the back of their ID card.

Blue Shield Members log on to www.blueshieldca.com/prenatal and fill out the online enrollment form. Or call 1-877-371-1511 and request a prenatal education packet.

- A Breastpump and More:
1-855-786-7296
www.abreastpumpandmore.com
- Apria Healthcare:
1-800-277-4288
www.apria.com
- Byram Healthcare:
1-877-773-1972
www.byramhealthcare.com/breastpumps
- Edgepark Medical Supply:
1-800-321-0591
www.edgepark.com
- LifeCare Solutions:
1-866-260-2192
www.lifecaresoln.com
- Yummy Mummy, LLC:
(212) 879-8669
www.yummymummystore.com

EXTRA DENTAL CARE

Delta Dental PPO will pay for one additional routine cleaning or one additional periodontal scaling and root planning per quadrant to improve your oral health during pregnancy.

United Healthcare Dental will pay for additional services (Oral Cancer Screening and Preventative Coverage) for expectant Mothers.

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FLEXIBLE SPENDING ACCOUNT (FSA)

You can enroll in or update your FSA elections when you add a newborn to your coverage. For more information contact P&A at 1-800-688-2611 or visit www.padmin.com.

Healthcare FSA: Your healthcare FSA can cover a range of breastfeeding supplies as well as health-related costs for you and your family members.

Dependent Care FSA: A Dependent Care FSA can pay for certified day care, pre-school, day camp, and before or after school programs for children under age 13. Set aside between \$250 and \$5000 pre-tax per household for the plan year.

ADOPTION & SURROGACY ASSISTANCE PLAN

Effective January 1, 2017

Learn more:

http://www.myhss.org/downloads/plans/2017_HSSAdoptionSurrogacyPlan.pdf

IMPORTANT RESOURCES FROM HUMAN RESOURCES

- Pregnancy and Parental Leaves
<http://sfdhr.org/employee-leaves#pregnancy>
- Lactation in the Workplace Policy
<http://sfdhr.org/highlights>

