



Maritz
HEALTHY YOU!

QUICK GUIDE

PREGNANCY RESOURCES



These resources are available to employees enrolled in the following benefits.

Hospital Confinement Plan

EBRC - Maritz Holdings Inc. (voya.com)

The Hospital Confinement Indemnity Plan pays a benefit for each day of inpatient hospitalization as follows:

- \$500 Hospital Admission Day One
- \$100 Confinement Daily Benefit
 - Up to a maximum of 30 days
- \$300 ICU Confinement Daily Benefit
 - Up to maximum of 15 days

If you are enrolled in the Hospital Confinement plan with Employee + Children or Family coverage and deliver a baby during the calendar year, you will be eligible to receive a benefit for each day the baby is hospitalized in addition to the benefit you will receive for your own hospitalization, but you will need to file two claims – one for yourself and one for your baby. However, if this baby is your first child, you will only be eligible to receive a benefit for the mother's hospitalization if she is covered on the plan on the day of delivery.

Dental Plan – If enrolled, pregnant members are eligible for two additional cleanings per year covered at 100% (total of four cleanings per year). Complete the Self-Report form at www.deltadentalmo.com.

Cigna

www.MyCigna.com

(800) 244-6224

- **Office visits, childbirth, delivery professional services, and delivery facility services are covered at 80% for in-network (after deductible).**
- **Health Library** – Click the Wellness tab and scroll down to the bottom and click the topic **Pregnancy** for information and resources such as:
 - Healthy Pregnancy App
 - Cigna's Guide to a Healthy Pregnancy
 - Instructions to order a Breast Pump
 - A variety of pregnancy-related articles

Cigna Healthy Pregnancies, Healthy Babies®

Provides expectant mothers with the information and support needed to optimize their chances of having a healthy, full-term pregnancy. This program helps to prevent high-risk pregnancy and premature births through early risk detection and on-going monitoring and coaching at no cost to the member. To inspire and motivate moms to do everything possible to care for themselves during pregnancy, members who enroll during the first trimester of pregnancy receive a \$150 incentive, and members who enroll during the 2nd trimester receive a \$75 incentive through Motivate

Me upon completion of the program. To get started, call Cigna at the number on the back of your ID card.



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The following resources are available to all employees:

ComPsych Employee Assistance Program

www.GuidanceResources.com

(888) 628-4824

Username: LFGSupport

Password: LFGSupport1

- Hover on the Relationships tab, then click Expanding a Family. Click **Having a Baby** for videos and articles about a variety of topics related to Pregnancy.
- Live or virtual counseling at no cost if you need emotional support. You are eligible for up to 5 visits per person, per issue, per year.

Paid Parental Leave

Full-time employees (male and female) with at least one year of service are eligible for six work weeks of paid parental leave after their baby is born. Visit

<https://www.maritzbenefits.com/paid-parental-and-caregiver-leave> for details.

Short-Term Disability Pay

Full-time employees are eligible for weekly income protection for 6 weeks following the delivery (or 8 weeks for a c-section). Income protection is also provided for any period of disability due to complications during the pregnancy.

Visit <https://www.maritzbenefits.com/disability> for details.

Virgin Pulse Wellness Program <https://www.virginpulse.com/>

(877) 671-9395 or support@supportpulse.com

- On the Virgin Pulse website, hover over More (with three dots) and select Topics of Interest.
- Under the Health tab, select Journeys which are daily, self-guided courses to help you build healthy habits.

FMLA

Employees with at least one year of service who have worked at least 1,250 hours in the prior 12 months are eligible for up to 12 weeks of job-protected leave after the birth of a child. Although FMLA is normally unpaid, eligible full-time employees will be paid Short-Term Disability and/or Paid Parental benefits concurrently with FMLA. Visit <https://www.maritzbenefits.com/family-medical-leave-act-fmla> for details.

Cigna

<https://www.cigna.com/knowledge-center/hw/medical-topics/pregnancy-and-childbirth-center1030>

Visit this site for information and resources related to:

- Health and wellness during pregnancy
- Illness, medication safety, and concerns during pregnancy
- Labor and delivery
- Post-Partum and breastfeeding information

Centers for Disease Control & Prevention (CDC)

<https://www.cdc.gov/pregnancy/during.html>

Visit this site for additional resources such as:

- Preventing problems
- Things to think about before baby arrives
- Scientific articles about a healthy pregnancy