

# Congratulations!

You are pregnant! If you are like most pregnant women, you want to do everything possible to have a healthy baby. After all, your baby is depending on you. It's normal to have some worries, like: Am I eating the right things? Am I gaining too much weight, or not enough? How will I know when to go to the hospital? What will labor be like?



UPMC *for Life*  
UPMC *for Life Options*  
UPMC *for You*  
UPMC *for You Advantage*  
UPMC *Community Care*



UPMC *for Kids*™

# Have a happy, healthy pregnancy



## UPMC HEALTH PLAN

U.S. Steel Tower, 600 Grant Street  
Pittsburgh, PA 15219

[www.upmchealthplan.com](http://www.upmchealthplan.com)



UPMC HEALTH PLAN

Our UPMC Health Plan Maternity Program is here to help. It is a no-cost part of your UPMC Health Plan benefits. If you enroll in our program, you will get regular phone calls by one of our maternity health coaches. Your personal maternity health coach will listen to your concerns and answer your questions. They will help you develop a plan to meet your goals.

Here are just a few examples of what you can get when you work with one of our coaches:

- An eating plan to help you gain the right amount of weight
- Tips on how to juggle work and doctor's appointments
- Questions to ask your doctor
- Tips on how to feel better throughout your pregnancy
- Safe ways to exercise
- Advice on how to get through labor and manage pain
- Breastfeeding support

If you have health issues like asthma, high blood pressure, diabetes, or another chronic condition, your health coach will link you to the many resources that UPMC Health Plan offers to help you stay healthy. If you want to manage your weight, reduce stress, quit using tobacco products, or make another healthy lifestyle change, we have programs that can help. You may be eligible for these types of programs through UPMC Health Plan; if you are not, we can guide you to community resources that can help you.

Your health coach will be there for you after you have your baby. They will call you to see if you have any questions on caring for your newborn. If you are finding life as a new mom hard, your health coach will link you to resources that can make your life a little easier. If you have any health issues, they can assist you in getting the help you need.

Please call us at 1-866-778-6073, Monday through Friday 7 a.m. to 8 p.m., and on Saturdays 8 a.m. to 3 p.m. Ask for a maternity health coach to learn more about the program or to tell us that you do not want to participate. TTY users should call toll-free 1-800-361-2629.

The information in this notice is also  
available in large print.  
Call 1-800-286-4242.  
Toll-free TTY# 1-800-361-2629.

UPMC *for You* Advantage is an HMO SNP plan with a Medicare contract and a contract with the Pennsylvania Medical Assistance (Medicaid) program. Enrollment in UPMC *for You* Advantage depends on contract renewal.

UPMC *for Life* Options is an HMO SNP plan with a Medicare contract. Enrollment in UPMC *for Life* Options depends on contract renewal.

UPMC *Community Care* is an HMO SNP plan with a Medicare contract. Enrollment in UPMC *Community Care* depends on contract renewal.

UPMC *for Life* has a contract with Medicare to provide HMO and PPO plans. Enrollment in UPMC *for Life* depends on contract renewal.

Translation services are available by calling UPMC *for You* at 1-866-778-6073. Toll-free TTY # 1-800-361-2629.

UPMC *for You* 为您提供翻译服务，如有需要请拨打1-866-778-6073。电传打字机（TTY）用户请拨打电话1-800-361-2629。

សេវាបកប្រែអាចរកបានតាមរយៈការហៅទូរស័ព្ទមក UPMC *for You* តាមរយៈលេខ 1-866-778-6073 ។ សំរាប់អ្នកប្រើប្រាស់ ម៉ាស៊ីន TTY សូមទូរស័ព្ទមកកាន់លេខ 1-800-361-2629 ។

Вы можете воспользоваться услугами по переводу, позвонив в службу UPMC *for You* по телефону 1-866-778-6073. Пользователи текст-телефонных устройств (TTY), пожалуйста, звоните по телефону 1-800-361-2629.

Puede tener acceso a los servicios de traducción llamando a UPMC *for You* al 1-866-778-6073. Los usuarios de equipo teletypewriter (TTY) pueden llamar al 1-800-361-2629.

Để sử dụng các dịch vụ dịch thuật, hãy gọi UPMC *for You* ở số 1-866-778-6073. Người sử dụng TTY (điện thoại dành cho người khiếm thính hoặc khiếm ngôn), vui lòng gọi 1-800-361-2629.