

PREGNANCY

MIRACLES! A Healthy Baby Starts Long Before the Pregnancy



PREGNANCY

800.414.6580

IF YOU WANT TO GET PREGNANT:

- Take prenatal vitamins.
- Take folic acid (it can prevent some birth defects).
- Eat healthy.
- Exercise to maintain a healthy weight.
- Do not use alcohol & tobacco.
- Make sure your shots are up to date.

AVOID THESE DANGEROUS THINGS:

- Alcohol and Drugs.
- Caffeine.
- Changing cat litter.
- Smoking.
- Undercooked meats.

WHEN VISITING YOUR DOCTOR, ASK ABOUT:

- Scheduling a routine screening and Pap smear.
- Mammograms, if you are over 35 years of age. A Mammogram is an X-ray picture of your breast.
- Any medications you may be taking.
- Your own and your partner's medical history.
- Birth spacing.

IF YOU FIND OUT THAT YOU ARE PREGNANT:

- See your doctor within the first 12 weeks.
- Call Unison to enroll in the Miracle program. You can become eligible for gift cards!

MIRACLES PREGNANCY PROGRAM

Unison wants you to have a healthy pregnancy and baby. By going to your scheduled doctor visits, you can earn \$80 in gift cards.

Members who join the Miracles pregnancy program can get gift cards for keeping regular pregnancy appointments and calling in to report the appointments.

VISITS IN 1ST TRIMESTER	EARN \$40
VISITS IN 2ND TRIMESTER	EARN \$10
VISITS IN 3RD TRIMESTER	EARN \$10
POSTPARTUM VISIT	EARN \$20



FOR MORE INFORMATION about pregnancy, call Care Management at 1.800.414.6580 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).
 La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).
 ព័ត៌មាននេះក្នុងសំបុត្រនេះមានជូនជាភាសាដទៃទៀត និងក្នុងទម្រង់ដទៃទៀត តាមរយៈការទូរស័ព្ទទៅខាងសេវាសមាជិកដលៃមានលេខ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លេខ 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).

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WHAT DOES THE MIRACLE PROGRAM OFFER ME?

The Miracles program can help you during your pregnancy. Unison will mail you helpful information while you are pregnant. Your Miracles health coach or nurse will call you and help explain prenatal visits, tests and care. Once you are enrolled in the Miracles program, you may be eligible for gift cards. All you need to do is go to all your doctor visits.

After your doctor's visit, call in to report the visit to your health coach or nurse. After you have your baby, you need to attend your postpartum doctor visit. When you go to that appointment before your baby is 6 weeks old, we will send you a gift card. even if you were not enrolled in the Miracles Program.

FOR MORE INFORMATION ABOUT PREGNANCY, CALL 1-800-414.6580 (TTY: 800-473-0989).