

Health Net of California, Inc. (Health Net)



Healthy Beginnings Start Here

YOUR FAMILY PLANNING AND MATERNITY GUIDE

University of California



[HealthNet.com/uc](https://www.healthnet.com/uc)

Healthy Baby Toolkit

Welcoming your newest family member is an adventure, and we're here to help. We created these tools and resources to make life easier for you and your baby.



Visit www.healthnet.com/uc

or call 800-539-4072.

Refer to your *Evidence of Coverage* for complete plan details.

Family planning/maternity coverage at a glance

Covered services benefits	Cost
Prenatal and postnatal office visits	No charge
Hospital delivery including cesarean section	\$250 copay
Newborn care through the first 30 days	No charge (including circumcision and immunization)
Contraceptive devices ¹	\$0 copay for generic \$0 copay for brand when generic is not available \$25 copay for brand when generic is available \$40 nonformulary
Injectable contraceptive devices ¹	No charge
Midwife	No charge (must consult PPG for availability)
Alternative birth centers	\$250 copay (must consult PPG for availability)
Breastfeeding support, supplies and counseling ² Limited services (partial coverage) benefits	No charge
Limited services (partial coverage) benefits ³	Cost
Artificial insemination	Covered at 50%
In vitro fertilization (IVF)	Covered at 50% limited to a combined 2 treatment cycles per lifetime, per member
Zygote intrafallopian transfer (ZIFT)	Covered at 50% limited to a combined 2 treatment cycles per lifetime, per member
Gamete intrafallopian transfer (GIFT)	Covered at 50% limited to a combined 2 treatment cycles per lifetime, per member
Infertility drugs ⁴	Covered at 50%

Exclusion (NOT covered under your plan)

Home birth

¹Contraceptive devices covered through the member's prescription medication coverage include oral contraceptives, diaphragms, cervical caps, contraceptive patches, and the contraceptive ring. Intrauterine devices (IUDs) are covered under the member's medical benefit.

²Health Net will cover one retail grade breast pump (either a manual [E0602] or standard electric pump [E0603]) per pregnancy under preventive benefits without medical necessity or prior authorization requirements via a vendor of our choice.

³Cost-Share does not apply to the members Out-of-Pocket Maximum (OOPM).

⁴Infertility drugs are only provided in connection with covered services.

If you're having a baby: Select a primary care physician (PCP)

If you and your family members are currently covered by UC Blue & Gold HMO, your newborn must be assigned to a pediatrician in the mother's physician group until the first day of the calendar month following birth.⁵ If the mother is not enrolled in UC Blue & Gold HMO, the child will be assigned to the primary member's physician group. In order for coverage to continue, you must also enroll your newborn through your employer within 30 days after the birth of the child.

To select a doctor from a physician group other than the mother's or the subscriber's (when the mother is not a Health Net member at the time of birth),

- 1** Call the telephone number listed on the back of your member ID card.
- 2** You can also log in as a member to www.healthnet.com/uc and select *My Account*. The change will be effective on the first day of the calendar month after we receive your request.⁵

Get the most out of your health plan during pregnancy

UC Blue & Gold HMO is here for you during your pregnancy – and after the baby is born. We provide online resources and phone support for you during this exciting time. Be sure to see or talk with your doctor before starting any wellness program.

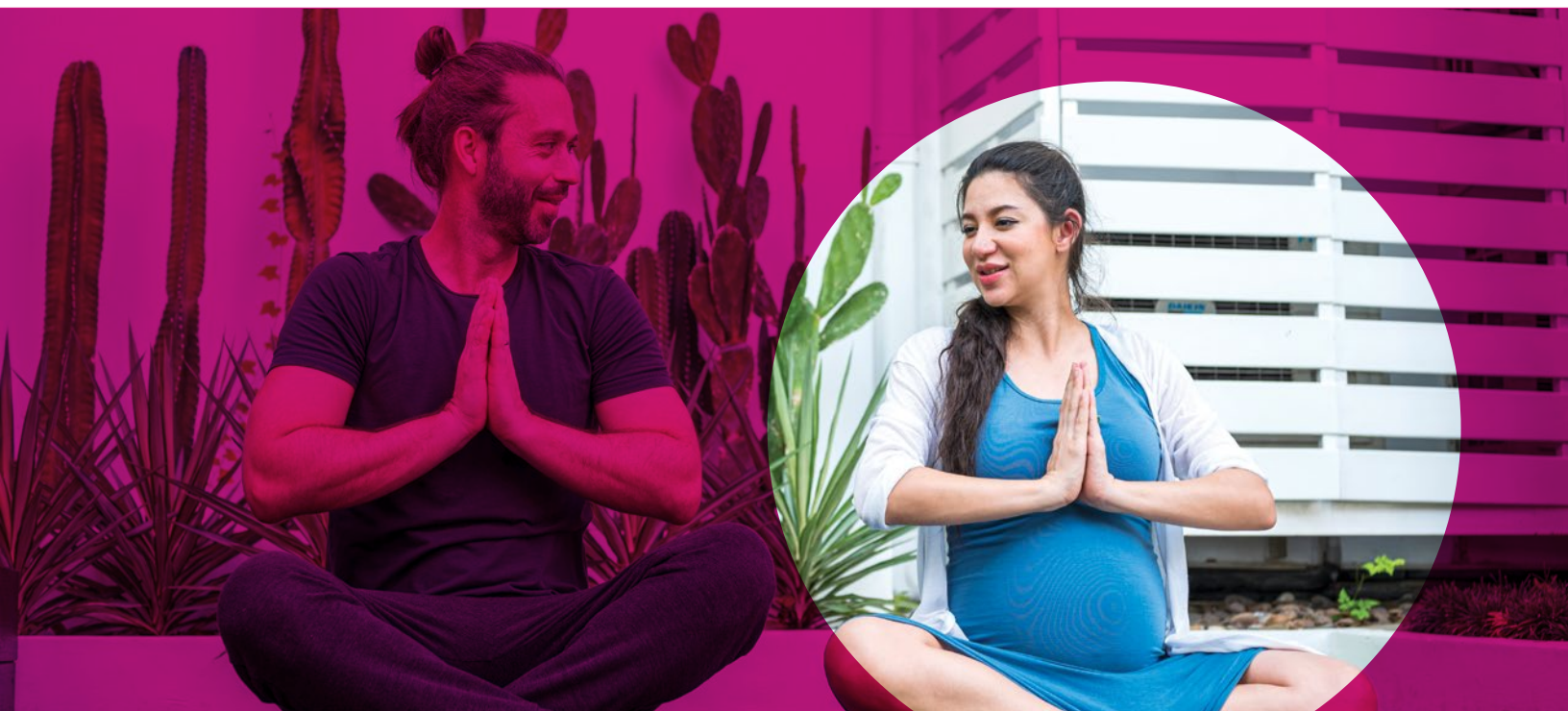
Start your pregnancy off right with a healthy body

- If you smoke, quit.
- Reduce stress in your life.
- Prepare a nutrition plan.

⁵If your newborn is sick and unable to return home with the mother, then your newborn's transfer to a PCP in another physician group will be delayed until the first day of the calendar month after discharge from the hospital.



Note: You will be responsible for payment if your newborn receives services from a doctor who does not belong to the mother's or subscriber's physician group. You are also responsible for payment if the mother is not a Health Net member at the time of birth.





Start Smart for Your Baby®

We have a program for pregnant and new parents. It is called Start Smart for Your Baby.

The program is designed to customize the support and care you need for a healthy pregnancy and baby. It is already part of your benefits and it will not cost you a thing.

Through this program, we provide the following:

- Information about pregnancy and newborn care.
- Assistance finding community resources to help you get things you need during your pregnancy and after your baby is born, including things like food, cribs, housing and clothing.
- Breastfeeding support and resources.
- Professional medical staff who work with you and your doctor and nurses if you have a more difficult pregnancy.
- Resources if you are feeling down during or after your pregnancy.
- Methods to help you quit smoking, alcohol or drugs.



Log in as a member to www.healthnet.com/uc for more information and to sign up.

Nurse Advice Line

Receive timely access to registered nurses for help with everyday health questions – 24 hours a day, seven days a week. You can get help with a number of health issues, such as, how to care for minor injuries and illnesses, and advising on seeking medical care.

To reach the Nurse Advice Line, call the number on the back of your ID card.

[Health Net's Nondiscrimination Notice](#)