



Support for
every step
of motherhood

BSW Maternity Care Management

We're focused on one goal: Help expecting moms enjoy a healthy pregnancy.

From feeling baby's first kicks to seeing baby's first steps, travel the journey of motherhood with experts by your side.

The **BSW Maternity Care Management** program is here to give you information, resources and support for every step of motherhood.

WHO: All expecting moms – employees and dependents – enrolled in a BSW medical plan

WHEN: Get support throughout your pregnancy

HOW: Enroll for free to get dedicated, personalized support from a member of our maternity care management team

ENROLL TODAY

Call **844.843.3229** or

Email **BSWMaternityCareManagement@BSWHealth.org**

BSW Maternity Care Management



PREGNANCY

With each trimester, we provide moms with care, information and support.

- Get access to a nurse 24 hours a day, seven days a week
- Receive early enrollment in care management
- Receive coordinated efforts to promote full-term birth, with extra assistance for women who previously delivered pre-term
- Gain extra guidance for high-risk pregnancies
- Get in-home support for high-risk conditions such as diabetes, hypertension and severe nausea
- Explore educational videos



DELIVERY

As the due date approaches, we help moms get ready to meet baby.

- Recognize when labor has begun and what to expect next
- Understand the stages of labor
- Get assistance finding in-network hospitals to meet the needs of you and your baby
- Learn what to pack for the hospital stay
- Need a breast pump? We got you covered!*



POST PARTUM

After giving birth, we help moms navigate the physical and emotional changes.

- Access postpartum mental wellness resources
- Screen for postpartum depression
- Receive trusted newborn and baby care education
- Learn breastfeeding best practices
- Get immunization reminders
- Help plan for future pregnancies
- Use support and tools for returning to work

* A standard breast pump is covered at 100% when you use in-network DME providers. Our preferred DME breast pump providers are [Breast Pump Depot](#) and [Aeroflow Healthcare](#). The Spectra S2 Pro is the standard option through Breast Pump Depot and Spectra 2Plus through Aeroflow Healthcare. Premium packages and extra accessories are not covered.

BONUS!

Get extra digital content for free

Get digital content for free through your MyBSWHealth app if you are seeing a BSW provider with epic access.



Text4baby

If you are seeing a non-BSW provider, you can still get digital support with the Text4baby app or visit Text4baby.org site.