



Partners in Pregnancy Program

The Optima Health Partners in Pregnancy Program provides you with information and support about making good choices throughout your pregnancy - whether this is your first pregnancy, or your last.

We are dedicated to providing guidance, support, and education to all expectant moms with Optima Health insurance. If you are pregnant and you are the primary subscriber enrolled with Optima Health through a Norfolk benefit plan, you may be eligible to earn incentives by participating in the program. Partners in Pregnancy provides access to experienced pregnancy and childbirth nurses, clinical case managers, licensed social workers, and service coordinators to help you:

- Maintain good health throughout your pregnancy
- Develop a healthy nutrition and activity plan
- Maximize your benefits and resources
- Locate important resources, classes, and services
- Coordinate prenatal care and appropriate risk screenings
- Understand timely health tips, mailed directly to your home

By successfully completing the participation criteria below, you may be eligible to earn up to \$200 in incentives.

Criteria for Program Participation

- Visit your OB doctor within the first 3 months of pregnancy (14 weeks)
- Contact a Health Coach within the first 3 months of pregnancy (14 weeks)
- Maintain monthly contact with your Health Coach during your pregnancy
- Visit your doctor for a postpartum checkup within 6 weeks after delivery

All incentives earned will be credited to a healthcare debit card for use on Copayments, Coinsurance, and Deductibles, if applicable, for covered prescriptions, services, and supplies. Incentive dollars earned will be credited in the quarter after the completion of the required criteria.

Criteria	Reward for Completion
Enrollment in program and first contact with Health Coach within first 3 months of pregnancy	\$ 20.00
Keeping appropriate doctor appointments, continued contact with Health Coach as required, and completion of program criteria	\$ 180.00
Total Potential Incentive	\$ 200.00

Please check with your Health Coach for your specific payout schedule.

