



## *Special Additions Maternity Management Program*

*The Special Additions Maternity Program, along with the pre-birth care given by your doctor, can help ensure you have a healthy pregnancy and a healthy newborn.*

### Know What to Expect

The *Special Additions Maternity Program* is designed to give you guidance and answers to your questions during pregnancy. Once you are enrolled, we will begin sending you helpful tips so you know what to expect at each stage of your pregnancy.

A *Special Additions* nurse will act as a guide and maternal/newborn expert. Your nurse will coach you along the way to a healthy, happy pregnancy. Your nurse can:

- Talk with you about your health, plus diet and exercise
- Point out any pregnancy risks and how to lessen them
- Answer questions about pregnancy and child-care issues
- Talk with your doctor about your care
- Offer you support for labor and delivery
- Help you find other sources of support

### Are You Pregnant?

To enroll in our *Special Additions* program and start enjoying the benefits offered, fill out the *Maternal Health Appraisal Form* found at [QualChoice.com](http://QualChoice.com) (select *Members*, then select *Forms*) and mail or fax it to us.



Get FREE text messages on:

- Prenatal care
- Parenting
- Baby health
- More

### Obstetrical Ultrasound Imaging

Ultrasound is a non-invasive test in which a probe is placed on the mother's tummy. By using high-frequency sound waves it makes a picture of the baby inside the womb.

Ultrasounds are most often prescribed:

- To check the baby's heart
- To see the baby's position and size
- To spot multiple gestations (2 or more fetuses in the womb)
- To see if there are any problems

### What Does QualChoice Cover?

QualChoice covers up to three Level 1 fetal survey ultrasounds without pre-authorization (pre-approval). Extra ultrasounds are covered only if needed for health reasons, and require pre-authorization. You and your doctor may agree to any number of extra ultrasounds on any agreed-upon pay plan. You will be asked to sign an agreement to pay for these tests.

If you are over age 35 or you have a high-risk pregnancy, your doctor may suggest a blood test to check for genetic risks. This is called a cell-free fetal DNA test or a Harmony Prenatal (pre-birth) Test. Pre-authorization is needed.

**To learn more about the program call us at 501.228.7111 or 800.235.7111 and ask to speak to a maternity nurse care manager.**

QCARE, our personal health and wellness management program, delivers valuable support and educational tools for QualChoice members, keeping our healthiest members healthy and giving those with chronic illnesses the special attention they need. QCARE is led by a team of health professionals including a staff of registered nurses and a Medical Director. For more information, including a list of QCARE programs, visit [QualChoice.com](http://QualChoice.com); select *QCARE Health Programs*.  
\*NOTE: As program availability varies by group and benefit plan, members should check with their benefits administrator.

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