



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.



The Quality Choice for Maternity Care

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 all it has to offer, fill out and mail or fax to us the *Maternal Health Appraisal Form*. Find it at QualChoice.com. Choose *Already a Member?*, then *Find a Form or Document*.



text4baby™

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. Your doctor may also refer to it as Noninvasive Prenatal Testing (NIPT). Pre-authorization is required. Please make sure your provider uses an in-network lab.

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, offers support and learning tools for QualChoice members. This keeps our healthiest members healthy and gives those with chronic illness the special attention they need. QCARE is led by a team of health experts including a staff of registered nurses (RNs) and a Medical Director. To learn more and to view a list of QCARE programs, visit QualChoice.com; select QCARE Health Programs. *NOTE: Programs vary by group and benefit plan. Check with your benefits administrator.

QualChoice is the registered name used for products and services provided by one or more of the QualChoice group of subsidiary companies. The QualChoice companies that offer, underwrite or administer benefits coverage include QCA Health Plan, Inc., and/or QualChoice Life and Health Insurance Company, Inc.

