MATERNITY: ARE YOU PREGNANT OR THINKING ABOUT HAVING A BABY?

If you become pregnant - planned or unplanned - the next few steps depend on your needs and the timing of the pregnancy. Pregnancy is a time in a woman’s life where particular attention and care is recommended and certain medical conditions require additional management and treatment during pregnancy. Due to the specialized nature of pregnancy-related care, all patients are referred to medical providers outside the Tang Center for ongoing care and treatment.

Schedule a Social Services appointment
The staff at Social Services will be able to answer many of your questions regarding referrals to both family planning services and obstetrical/prenatal care. If you do not need the following, you may call (510) 642-6074 and request an authorization to go straight to an obstetrician.

- Campus and community support services
- Great tips for managing early pregnancy symptoms and early self-care before you see your outside medical provider
- Information regarding referrals for services if you have SHIP or other private insurance
- Referral lists for family planning providers, midwives, and OBGYN practices
- What you need to know about obtaining insurance coverage for the baby
- Support and information regarding how to balance your medical care with a challenging academic schedule
- Information on adoption if you are considering this option

Resources at Tang
- Advice Nurse: (510) 643-7197
- Social Services: (510) 642-6074
- Physician or nurse practitioner

Prenatal care referrals

Future Moms
SHIP Maternity Program

Take advantage of the Future Moms maternity program with your Anthem benefits and insurance plan. There’s no extra cost to you.

Join for a healthier pregnancy
There’s a lot of information on pregnancy, Anthem will connect you to materials to help you have a healthy one. Sign up as soon as you know you’re pregnant:

- A toll-free number you can use to talk to a nurse coach any time, any day, about your pregnancy.
- A book that shows changes you can expect for you and your baby during the next 9 months.
- A screening to check your health risk for depression or early delivery.
- Free phone calls with pharmacists, nutritionists and other specialists.
- Other helpful information on labor and delivery, including options and how to prepare.

Call toll-free at 866-664-5404.

SHIP Coverage for Maternity

- All health care must begin at the University Health Services – Tang Center before seeking care with an outside Provider. Referrals are required for all services rendered outside the Tang Center, with the exception of emergency room, urgent care, limited women’s health, and preventive services.
- To obtain a referral to see an obstetric/gynecologist for prenatal and maternity services, please contact Social Services at (510) 642-6074.

This information is only valid for the 2016-17 plan year. It may be modified for future plan years.
WHAT IS COVERED?

- Prenatal office visits: $15 co-pay for the first visit and subsequent visits are covered at 100% for network providers.
- Maternity: Deductible of $300 applies. After the deductible is met, 90% is covered for network providers. Please note, if you have already met your annual deductible for other services, you do not need to pay $300 again.

<table>
<thead>
<tr>
<th>Maternity Services</th>
<th>In Network</th>
<th>Out of Network</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnostic Care Visit - Outpatient</td>
<td>$15 co pay, 100%*</td>
<td>60%</td>
</tr>
<tr>
<td>Diagnostic Labwork</td>
<td>90%</td>
<td>60%</td>
</tr>
<tr>
<td>Prenatal Care/Comprehensive Lactation Support and Counseling Services</td>
<td>100%*</td>
<td>60%</td>
</tr>
<tr>
<td>Breastfeeding Durable Medical Equipment</td>
<td>100%*</td>
<td>60%</td>
</tr>
<tr>
<td>Postnatal Visits – Outpatient</td>
<td>100%*</td>
<td>60%</td>
</tr>
<tr>
<td>Inpatient Care and Delivery</td>
<td>90%</td>
<td>After a $500 per Admission Deductible, 60%</td>
</tr>
<tr>
<td>Well Newborn Nursery Care Expense</td>
<td>90%*</td>
<td>60%*</td>
</tr>
<tr>
<td>Ultrasound due to pregnancy</td>
<td>100%*</td>
<td>60%</td>
</tr>
</tbody>
</table>

*No annual deductible for these benefits.

COVERAGE FOR NEWBORNS

A child born to a covered SHIP member is covered for the first 31 Days of Life or until the student's coverage ends whichever comes first. To enroll a newborn, please contact the Student Health Insurance Office at (510) 642-5700 within 48 hours after the birth of the baby.

Dependent coverage after the first 31 Days of Life is offered for your newborn through Berkeley SHIP. Please contact the Student Health Insurance Office for benefit enrollment details or visit uhs.berkeley.edu/dependents. If you are ready to enroll your newborn, contact Wells Fargo at 1-800-853-5899.

For additional details about your benefits, please refer to the benefits booklet available at: uhs.berkeley.edu/shipbenefits. You may also contact the Student Health Insurance Office at (510) 642-5700 or online at uhs.berkeley.edu/ship.

8/12/2016