Are you expecting?

It’s an exciting time and you may have lots of questions. Here’s how to get answers, care and support.

During this important time, getting the right care is key. Your first step should be setting up an appointment with Social Services at University Health Services — Tang Center by calling 1-510-642-6074. They can answer questions about referrals for family planning services and obstetrical and prenatal care.

Social Services offers you:

- Campus and community support services
- Tips for managing early pregnancy symptoms and self-care before you see a doctor
- Information about referrals if you have the Student Health Insurance Plan (SHIP) or other health benefits
- Referral lists for family planning services, midwives and obstetricians/gynecologists (OB/GYNs)
- What you need to know about health benefits for your baby
- Support on balancing your health care with your classes
- Information on adoption if you’re considering this option

SHIP benefits for maternity care

Because pregnancy-related treatment is specialized, patients are referred to OB/GYNs outside the Tang Center for prenatal and maternity care. Before seeing an outside doctor, except for emergency and urgent care, you must get a referral from Social Services at 1-510-642-6074.

Get support with Future Moms

Your Anthem benefits include the Future Moms program at no extra cost. You can get answers to your pregnancy questions and learn how to make healthy choices for you and your baby.

Future Moms offers you:

- A toll-free number to speak with a nurse coach, 24/7, about your pregnancy
- A book that shows changes you can expect during the next nine months
- A screening to check your risk for depression or early delivery
- And more

Sign up as soon as you know you’re pregnant by calling 1-866-664-5404.
What’s covered?
Here’s what your SHIP benefits cover and how much you pay for care:

<table>
<thead>
<tr>
<th>Maternity services</th>
<th>In your plan</th>
<th>Outside of your plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prenatal visit: outpatient</td>
<td>$15 initial visit only; subsequent outpatient prenatal visits covered at 100%</td>
<td>40%</td>
</tr>
<tr>
<td>Diagnostic lab work</td>
<td>10%</td>
<td>40%</td>
</tr>
<tr>
<td>Prenatal care and comprehensive lactation support and counseling services</td>
<td>$01</td>
<td>40%</td>
</tr>
<tr>
<td>Ultrasound</td>
<td>$01</td>
<td>40%</td>
</tr>
<tr>
<td>Breastfeeding durable medical equipment, such as a breast pump</td>
<td>$01</td>
<td>40%</td>
</tr>
<tr>
<td>First postnatal visit: outpatient</td>
<td>$01</td>
<td>40%</td>
</tr>
<tr>
<td>Inpatient care and delivery</td>
<td>After a $300 deductible, you pay 10%²</td>
<td>After a $500 deductible per admission, you pay 40%</td>
</tr>
<tr>
<td>Well newborn nursery care at the hospital</td>
<td>10%¹</td>
<td>40%</td>
</tr>
</tbody>
</table>

¹ No annual deductible when you see a doctor in your plan.
² If you’ve already met your annual deductible for other care, you don’t need to pay this $300 deductible.

Making sure your newborn is covered

A child born to a SHIP member is covered for the first 31 days, unless the student’s coverage ends before that. To enroll a newborn, call the Student Health Insurance Office at 1-510-642-5700 within 48 hours of the baby’s birth.

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 USI at 1-800-853-5899 or email them at studentinsurance@usi.com.

How do I find a provider?

Before seeing a doctor outside the Tang Center, except for emergency and urgent care, you must get a referral from Social Services at 1-510-642-6074. Once you obtain a referral, you can find a provider through Anthem’s website at www.anthem.com/ca. If you are looking for a midwife, please click here.

Learn more

For more information about your benefits, see the benefits booklet at uhs.berkeley.edu/ship. You can also call the Student Health Insurance Office at 1-510-642-5700.