



ARE YOU EXPECTING?

It is an exciting time and you may have lots of questions. Find out how to get answers, care and support.

During this important time, getting the right care is key. If you already know which obstetrics provider you want to see, contact the SHIP Office for a referral. If you would like to discuss resources, get support services, or need assistance finding a provider, your first step should be to make an appointment with Social Services at University Health Services (the Tang Center) by calling 510-642-6074.

SHIP benefits:

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 should get a referral from the SHIP Office at **510-642-5700**. Please see page 2 to learn about SHIP coverage for maternity services and newborns care.

Social Services offers you:

- Campus and community support services
- Tips for managing early pregnancy symptoms and self-care before you see a doctor
- Referral lists for family planning services, midwives and obstetricians/gynecologists (OB/GYNs)
- Support on balancing your health care with your classes
- Information on adoption if you are considering this option

What's covered?

Here is what your 2020-2021 SHIP benefits cover and how much you pay for care:

Maternity Services	In-Network	Out-of-Network
Physician's office visit: outpatient	\$15 copay for initial visit only ¹ ; subsequent outpatient prenatal visits covered at 100%	50% ²
Diagnostic lab work	10% ²	50% ²
Prenatal care and comprehensive lactation support and counseling services	\$0	50% ²
Ultrasound	\$0 ¹	50% ²
Breastfeeding durable medical equipment, such as a breast pump	\$0 ¹	50% ²
First postnatal visit: outpatient	\$0 ¹	50% ²
Inpatient care and delivery	\$250 Copayment per admission then you pay 10% ²	\$500 Copayment per admission then you pay 50% ²
Well newborn nursery care at the hospital	10%	50%

¹ No annual deductible when you see a doctor in your plan.

² If you have already met your annual deductible for other care, you will not need to pay this \$300 deductible

Making sure your newborn is covered

A child born to a SHIP member is covered for medically necessary health care services for the first 31 days, unless the student's coverage ends before that. To enroll a newborn, call the SHIP Office at **510-642-5700** within 7 days of the baby's birth.

Coverage after the first 31 days of life is offered for your newborn through Berkeley SHIP. To continue coverage beyond the first 31 days, please contact the SHIP office for benefit enrollment details at **510-642-5700** or ship@berkeley.edu.

If you are ready to enroll your newborn, contact the SHIP office at ship@berkeley.edu or **510-642-5700**.

How do I find a provider?

Before seeing a doctor outside the Tang Center, except for emergency and urgent care, you should get a referral from the SHIP Office at **510-642-5700** or via secure message on eTang. Once you obtain a referral, you can find a provider at

<http://berkeley.wellfleetinsurance.com/providers>.

Learn more

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