



# Are you expecting?

It is an exciting time and you may have lots of questions. Find answers, care, and support with your 2023-2024 Berkeley Student Health Insurance Plan (SHIP)

During this important time, getting the right care is key. If you would like to discuss resources, get support services, or need assistance finding a provider, your first step is to make an appointment with Social Services at University Health Services (Tang Center) by calling **510-642-6074**.

## **Social Services offers**

- 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

## **2023-2024 Berkeley SHIP benefits**

Because pregnancy-related treatment is specialized, patients are referred to OB/GYNs outside the Tang Center for prenatal and maternity care. Please see the next page to learn about SHIP coverage for maternity services and newborns care.



## What your 2023-2024 SHIP benefits cover and how much you pay for care:

| Maternity services  | In-network                                      | Out-of-network                                  |
|---|---|---|
| Physician's office visit: outpatient                                      | \$15 copay <sup>1</sup>                         | 50% <sup>2</sup>                                |
| Diagnostic lab work   | 10% <sup>2</sup>                                | 50% <sup>2</sup>                                |
| Prenatal care and comprehensive lactation support and counseling services | \$0 <sup>1</sup>                                | 50% <sup>2</sup>                                |
| Ultrasound  | \$0 <sup>1</sup>                                | 50% <sup>2</sup>                                |
| Breastfeeding durable medical equipment, such as a breast pump            | \$0 <sup>1</sup>                                | 50% <sup>2</sup>                                |
| First postnatal visit: outpatient   | \$0 <sup>1</sup>                                | 50% <sup>2</sup>                                |
| Inpatient care and delivery   | \$250 copay per admission then 10% <sup>2</sup> | \$500 copay per admission then 50% <sup>2</sup> |
| Well newborn nursery care at the hospital                                 | 10% <sup>2</sup>                                | 50% <sup>2</sup>                                |

<sup>1</sup> No annual deductible when you see a doctor in your plan.

<sup>2</sup> Subject to the annual deductible of \$450.

### 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 or until the student's coverage terminates, if earlier. To enroll, call the SHIP office at 510-642-5700 within 31 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, your newborn must be enrolled within the 31 days. Please contact the SHIP office for benefit enrollment details at 510-642-5700 or [ship@berkeley.edu](mailto:ship@berkeley.edu).

### How to find a provider

To find a provider outside of the Tang Center, please visit Wellfleet at [www.wellfleetstudent.com/ucbprovidersearch](http://www.wellfleetstudent.com/ucbprovidersearch)

For more information about your benefits, see the benefits booklet at [uhs.berkeley.edu/ship](http://uhs.berkeley.edu/ship). You can also call the SHIP Office at 510-642-5700.