

Partners in Pregnancy Program



Earn 300 Wellness Points

The Optima Health Partners in Pregnancy Program provides you with information and support about making good choices throughout your pregnancy—whether this is your first pregnancy, or your last.

We are dedicated to providing guidance, support, and education to all expectant moms with Optima Health insurance. If you are pregnant and you are enrolled with Optima Health through a City of Suffolk benefit plan, you may be eligible to earn incentives by participating in the program. Partners in Pregnancy provides access to experienced pregnancy and childbirth nurses, clinical case managers, licensed social workers, and service coordinators to help you maintain good health throughout your pregnancy, develop a healthy nutrition and activity plan, maximize your benefits and resources, and more! To get started, contact us by calling **1-866-239-0618** or emailing pregnancypartner@sentara.com.

Program Criteria¹

- enrollment in program and first contact with Optima Health coach
- communicate with Optima Health coach monthly during your pregnancy
- maintain compliance with medication, including taking medications as prescribed and refilling appropriately (must complete every six months to continue to receive pharmacy copayment discount)
- visit your OB doctor within the first four months of pregnancy (16 weeks)
- follow treatment plan as prescribed by your provider to include appropriate nutrition and activity
- visit your doctor for a postpartum checkup within six weeks after delivery

¹ This program begins on January 1 and ends December 15. Members can enroll at any time during this period.

Reward for Completion of Program

Reward

\$0 pharmacy copayments on Tier 1 and Tier 2 medications
(discount applies to both retail and mail-order pharmacy and is applied within 72 business hours)

Partners in Pregnancy Program Completion - 300 Wellness Points

If you do not meet all the requirements by the end of the year, the pharmacy copayment reduction will be removed January 1. You will not be able to re-enroll until the following year. Members who meet all criteria will continue with their pharmacy copayment reduction.

For more information, contact us at 1-866-239-0618 or mylifemyplanrewards@sentara.com



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