

Partners in Pregnancy Program



Earn 300 wellness points

The Sentara Health Plans 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 Sentara Health Plans insurance. If you are pregnant and you are enrolled with Sentara Health Plans 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 a Sentara Health Plans coach during the first trimester (13 weeks)
- Communicate with a Sentara Health Plans coach monthly during your pregnancy
- 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 completing program: 300 wellness points

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

Sentara Health Plans is a trade name of Sentara Health Plans, Sentara Health Insurance Company, Sentara Health Administration, Inc., and Sentara Behavioral Health Services, Inc.