

# Partners in Pregnancy

Support for Expecting Mothers



## Our Programs Include:

### Getting Started

Begin with the online Personal Health Assessment, which provides customized a personal wellness report, including health risk and lifestyle information.

### Staying Healthy

Offers award-winning nutrition, fitness, tobacco cessation, and screening programs.

### Improving Health

Involves a team of Sentara Health Plans coaches with clinical, behavioral, and disease management expertise to help you manage your specific health needs.

### Saving More

Provides added value with discounts on products and services including massage therapy, natural supplements, eye exams, eyewear, hearing aids, fitness centers, and more.

### Managing Medication

Helps ensure the safety, effectiveness, and affordability of the prescription medications covered by pharmacy benefits.

Regular prenatal care and education can help prevent premature birth and low-weight babies.

Eligible members will receive a waiver for their inpatient copayment when joining the program in the first 16 weeks of pregnancy.

## We Offer Experience and Understanding:

Partners in Pregnancy is free to Sentara Health Plans members. By participating in Partners in Pregnancy, you will have access to experienced pregnancy and childbirth nurses, clinical case managers, licensed social workers, and service coordinators to help you:

- maintain healthy habits throughout your pregnancy
- develop a healthy nutrition and activity plan
- maximize your benefits and resources
- understand healthy tips mailed directly to your home
- locate important community resources, classes, and services
- coordinate prenatal care and appropriate risk screening



To register, call: **1-866-846-2682**

For more information visit: **[sentarahealthplans.com/cova](https://sentarahealthplans.com/cova)**

Email: **[pregnancypartner@sentara.com](mailto:pregnancypartner@sentara.com)**