MyLife MyPlan **Rewards**

Partners in Pregnancy Program



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 the primary subscriber enrolled with Sentara Health Plans through a Portsmouth Public Schools 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
- Locate important resources, classes, and services
- Coordinate prenatal care and appropriate risk screenings
- Understand timely health tips, mailed directly to your home

By successfully completing the program participation criteria, you may be able to earn up to $100 in incentives.

Criteria for medical program participation

- Visit your OB doctor within the first three months of pregnancy (14 weeks)
- Contact a Sentara Health Plans coach within the first three months of pregnancy (14 weeks).
- Maintain monthly contact with your Sentara Health Plans coach during your pregnancy
- Visit your doctor for a postpartum checkup within six weeks after delivery

All incentives earned will be credited to a healthcare debit card for use on copayments, coinsurance, and deductibles (if applicable), for covered prescriptions, services, and supplies. Incentive dollars earned will be credited in the quarter after the completion of the required criteria. Please check with your Sentara Health Plans coach for your specific payout schedule.

To get started, contact us at **1-866-239-0618.**

Criteria	Reward for completion
First OB visit, enrollment in program, and first contact with Sentara Health Plans coach within first three months of pregnancy	$50.00
Keeping appropriate doctor appointments, continued contact with Sentara Health Plans coach as required, and completion of program criteria	$50.00
Total potential incentive	**$100.00**

Sentara® Health Plans

PORTSMOUTH PUBLIC SCHOOLS

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.

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