

Partners in Pregnancy Program

The Optima Health Partners in Pregnancy Program provides members with information and support in making good choices throughout their pregnancy. We are dedicated to providing guidance, support, and education to all expectant members. Partners in Pregnancy provides access to experienced pregnancy and childbirth nurses, clinical case managers, licensed social workers, and service coordinators to help members:

- maintain good health throughout their pregnancy
- develop a healthy nutrition and activity plan
- maximize their benefits and resources
- locate important resources, classes, and services on pregnancy and parenting
- coordinate prenatal care and appropriate risk screenings
- understand timely health tips, which are mailed directly to their home



Members are eligible for the program beginning in their first trimester of pregnancy.

Key aspects of the program:

- Partners in Pregnancy case managers reach out to eligible members to develop a pregnancy management plan within the first 3 months of pregnancy (by 14 weeks).
- Case managers follow up with members to develop an individualized care plan, which will include measurable goals such as:



visit with their obstetrician within the first 3 months of pregnancy, or by 14 weeks



visit their doctor for a postpartum checkup within 6 weeks after delivery



nutrition and activity plan

- Case managers re-engage members at least once a month to review and update the pregnancy care plan.
- Members and their providers can access the care plan 24/7 through the secure portals on optimahealth.com.

