

Partners in Pregnancy Program



The Sentara Health Plans Partners in Pregnancy Program provides members with the information and support needed to make 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

Key Aspects of the Program:

- Partners in Pregnancy case managers reach out to eligible members to develop a pregnancy management plan within the first three 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:
 - visiting their obstetrician within the first three months of pregnancy, or by 14 weeks
 - visiting their doctor for a postpartum checkup within six weeks of delivery
 - developing a 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 [sentarahealthplans.com](https://www.sentarahealthplans.com).

Questions? Call **1-866-239-0618** or email mylifemyplanrewards@sentara.com

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

