

# “Switching health plans is a big change. Will my prenatal care change, too?”

Avoid disruption during your pregnancy with Smooth Switch from Fallon Health.



## Welcome to Fallon Health!

Pregnant? Congratulations! With so much on your mind, we're here to make sure your transition to Fallon Health coverage is worry-free. We want to do everything we can to make it easy for you to continue getting the care you need—and to start moving forward together with your new health plan.

Switching to a new health plan can be like entering unfamiliar territory. Some of the benefits and programs now available to you may be different from what you've had in the past. We'd like to quickly go over with you what to do and what to expect when you're expecting as a new Fallon member. The stage of your pregnancy when you join the plan may affect the details of your care.

As a Fallon member, you can refer yourself to any obstetrician, family practitioner, or nurse midwife in your plan's network. You can find these providers on our website at [fallonhealth.org/findphysician](http://fallonhealth.org/findphysician). Choose your network under "Search a specific plan's network," and fill in other options to further narrow your search. You can also call the number on the back of your Fallon Health member ID card for help in finding a provider.

**From a positive pregnancy test through the first trimester:** If you're pregnant when you join Fallon, call and let us know. It's important that we know about any ongoing medical care that you're receiving so that we can coordinate your care.

If you already have a doctor overseeing your pregnancy, use [fallonhealth.org/findphysician](http://fallonhealth.org/findphysician) as mentioned above to see if your doctor is in your plan's network. If your doctor is not in the network, you can choose to see any obstetrician, family practitioner, or nurse midwife who is in your plan's network. Visits to out-of-network providers are not covered.

**From the second trimester through six weeks postpartum:** When you're already well along in your pregnancy, you've formed a working partnership with your doctor to give your baby the best start possible. It's easier if you don't have to change your doctor during such a delicate time. That's why Fallon will authorize you to continue treatment with your current doctor—even if he or she is out-of-network—until six weeks after delivery.

## Taking special care

If you're at high risk for pregnancy-related complications, Fallon is here with Special Deliveries. This high-risk maternity care management program offers expectant mothers support from a Nurse Case Manager, as well as education and support from community resources with the goal of helping you have the healthiest pregnancy possible.

## Oh Baby!

One more thing: Once you tell us about your pregnancy, you're ready to sign up for Oh Baby!, our health and wellness program for expectant parents. Get free stuff—prenatal vitamins, a convertible toddler car seat and electric breast pump, a home safety kit and more—plus reimbursements on childbirth or sibling classes, lactation support and counseling services, and that's not all! You can also receive a car seat up to two years after your child's birth, even if you're a new plan member. Oh Baby! is free to join. Sign up on our website, [fallonhealth.org](http://fallonhealth.org), or by calling us.

### ☑ To do:

- Call Fallon to let them know I'm pregnant and ask about care coordination.
- Sign up for Oh Baby!



*Program eligibility and benefits may vary by employer, plan and product.*

[fallonhealth.org](http://fallonhealth.org)

