

# Highmark Health Maternity Programs

## Services or resources your health plan offers to members who are pregnant or postpartum

Highmark has several programs for our pregnant and postpartum members. We offer three different health coach programs where mom is connected via telephone or text and has a health coach that will follow the member throughout their pregnancy and postpartum period. The health coach's expertise varies on the mom's previous medical history and risk during pregnancy.

### Baby Blueprints

Baby Blueprints is our Healthy Pregnancy Program, and all members are eligible by calling 1-866-918-5267. A wellness coach does telephonic outreach and provides education and support throughout their pregnancy. Support includes access to nutrition, wellness, social work and lactation coaching. Telephonic outreach is provided during each trimester and then upon discharge from hospital.

### High Risk Pregnancy

High Risk Pregnancy is our Program that focuses on moms with comorbid and pregnancy conditions that put them at risk for complications during their pregnancy. Members are identified or referred to a Maternity Nurse Specialist who does telephonic outreach and provides education and support throughout their pregnancy. In this program, members also have access to nutrition, wellness, social work, behavioral health specialists, and lactation counseling. Telephonic outreach is provided at a minimum of each trimester and postpartum, but is based on the specific needs of the member. This team of nurses also specializes in NICU deliveries and assists mom and baby with any needs upon discharge.

### MOMs Program

The MOMs Program is a case management program with a primary focus on pregnant members with a history of Behavioral Health Diagnosis or SUD. All members are eligible. A behavioral health specialist does telephonic outreach and provides education and support throughout their pregnancy. The members also have access to to nutrition, wellness, social work and lactation coaching and can be referred to a maternity nurse for medical management support if necessary. Telephonic outreach is provided throughout pregnancy and after discharge.

## Highmark Health Maternity Offerings

- High Risk Pregnancy Support
- Wellness Coaching
- Certified Lactation Support
- Nutritional Counseling
- Behavioral Health Support
- Smoking Cessation
- Pregnancy and Post-Partum Weight Management

Members can enroll by calling the number on the back of their card to request case management services

*1-800-241-5704*

Providers can refer via Navinet (see below) or by calling the member services number above with member ID

*Log into NaviNet® and access Plan Central • Click the Case Management Referral and Inquiry link under Workflows for this Plan to go to Clinical Care & Wellness Page (CC&W) • Click the Create New Referral button under Submit New Referral to CC&W • Follow the steps to create and submit the referral*

For BH Case Management Referral call 950-935-2497