

Health Net Family Planning and Maternity Benefits

As a University of California Postdoctoral Scholar Health Net member, you're entitled to several covered family planning, prenatal and postnatal services to help you through this exciting time.

Resources to help you have a healthy pregnancy and baby

Health Net is here for you at the beginning, throughout your pregnancy and beyond with online information and telephone support. Be sure to see or talk with your doctor before beginning any wellness program.

Start your pregnancy off right with a healthy body

1. If you smoke, quit.
2. Reduce stress in your life.
3. Prepare a nutrition plan.

Go online for more pregnancy information. Log in to www.healthnet.com and choose *Decision Power Health & Wellness > View My Health Guide* and then choose *Pregnancy* under the *Take Action* section on the right-hand side of the page. You can:

Elect to receive a free pregnancy newsletter.

Read the helpful maternity health preventive care guidelines.

See the week-by-week gestational development of a baby.

Take 5 with Decision Power Healthy Baby

Beginning September 2009, participate in our **free** online member educational program, *Decision Power Healthy Baby*. Learn from these 5 topics about healthy pregnancy: **Your Health Net**, an introduction to Health Net's complimentary health and wellness programs, including smoking cessation resources.

Your Exercise

Your Nutrition

Your Safety

Breastfeeding

Members who complete all 5 topics will be entered into a raffle for a chance to win prizes.

Talk to a Health Coach, especially if you have a chronic condition like diabetes or high blood pressure. Health Coaches are available 24/7 to answer questions and address your concerns.

Call 1-800-893-5597 anytime to speak with one, or go online to healthnet.com/uc, log in as a member and click *Decision Power Health & Wellness > Talk to a Health Coach* to get instant information and support.