

# NEW for 2020: Expecting the Best<sup>®</sup>

## BSWH Employee Plan Maternity Program

Baylor Scott & White Health is pleased to offer a new maternity program for pregnant employees who are Scott and White Health Plan members. This new initiative for the 2020 plan year is focused on helping expectant mothers enjoy a healthy pregnancy. Once enrolled, participants can benefit from diverse program features for the duration of their pregnancy and one year postpartum.

Participants receive helpful educational materials across distinct categories, including proper nutrition, early identification of pregnancy risk factors and available resources for any complications.

## Program Features

### Pregnancy/Delivery

- Planning for delivery, including individual support during and after a pregnancy
- Access to a nurse 24 hours a day, seven days a week
- Coordinated efforts to promote full-term birth in women who previously delivered pre-term
- In-home support for high-risk conditions such as diabetes, hypertension and severe nausea
- Early enrollment in case management support program
- Educational videos on focused topics

### Postpartum

- Depression screening following delivery, including postpartum resources ([postpartum.net](http://postpartum.net))
- Parental education for newborn health during the first year
- Immunization reminders (visit [www.CDC.gov/vaccines](http://www.CDC.gov/vaccines) for more information)
- Planning and educational tools for returning to work



# Digital Resources

## MyBSWHealth App

Use this digital resource to get daily tips, find resources and more. These options are available to participants at no additional cost once their BSWH provider initiates program enrollment through EPIC.

### Pregnancy

- General pregnancy overview
- Weekly guidance during pregnancy
- Information for a healthy lifestyle
- Kick counting
- Birth plan preferences

### Delivery

- Packing checklist
- Articles on different phases/stages of labor

### Postpartum

- Recovery from childbirth
- Monitoring for postpartum depression
- Best practices for breastfeeding
- Planning for future pregnancies

## Text4baby

Participants using a non-BSWH provider can get support throughout pregnancy and baby's first year with free text messages on topics like prenatal care, newborn health, parenting and more. Download the Text4baby app or visit [text4baby.org](https://text4baby.org) to sign up for text messaging.



## Enroll in the Expecting the Best® Maternity Program

Eligible women may enroll in the Maternity Program through their doctor, their doctor's case management team or directly through the Case Management department at Scott and White Health Plan.

Questions? email [CaseManagement@BSWHealth.org](mailto:CaseManagement@BSWHealth.org)