

2016 Wellness Incentive: Healthy Pregnancy Program

A healthy pregnancy is the first step to a healthy baby and mother. United Healthcare offers the Healthy Pregnancy Program to employees who are pregnant, in partnership with OptumHealth.

What is the Healthy Pregnancy Program?

This free program for pregnant women provides a personalized approach and access to nurses and educational resources 24 hours a day, 7 days a week. Whether it is your first pregnancy or if you have other children, this is an opportunity to get the information you need to make healthy choices. You will have built-in support throughout your pregnancy including:



- Access to health care professionals to identify any risks and special needs
- Pregnancy and childbirth education materials and resources
- One-on-one support throughout your pregnancy
- Access to a neonatal nurse manager for babies with special health needs

When should I enroll in the Healthy Pregnancy Program?

To get the most from the program, as well as to earn the most points, it is best to enroll in the first trimester of your pregnancy. You can still enroll during your second or third trimester; however, we recommend you enroll as soon as you become pregnant to earn the most points.

How do I enroll in the Healthy Pregnancy Program?

Call 800-411-7984 to speak to a nurse. Also, if you are identified as qualifying for the Healthy Pregnancy Program through your physician, an OptumHealth representative may contact you.

What incentives can I earn?

You can earn up to 25,000 reward points or \$100 cash.

When are my points awarded?

Your [Rally website](#) (available 3/1/16) will be updated with your points upon completion of the program, after delivery of your child. Your reward points (or cash if elected) will be provided at the end of the following quarter.

How do I get more info?

Visit www.healthy-pregnancy.com