



# High-Risk Maternity Program: Helping women with high-risk pregnancies deliver healthy babies

## Pregnancy Related Complications:

The health of the mother and baby is key to having a normal pregnancy and delivery. Certain maternal conditions, diseases, and other factors cause the pregnancy to be at high-risk; including abnormalities in the developing baby, low or high birth weight, premature birth, and fetal or maternal death.

### High Risk Factors Include:

- Pre-existing maternal health conditions
- Health conditions caused by pregnancy
- Conditions related to the mother's age, physical characteristics, and abnormalities of the reproductive organs
- Multiple birth pregnancy
- Infertility
- Maternal history of stillbirth, pre-term labor, prior terminated pregnancies or miscarriage
- Exposure to drugs (illegal or over-the-counter), chemicals, and viruses

## High Risk Maternity Program:

The High-Risk Maternity Program coordinates and assists in monitoring the care of women at risk for delivering preterm or developing other serious pregnancy complications. Case managers and registered nurses provide ongoing education, assessments, and referrals to improve patient self-care and compliance with treatment.

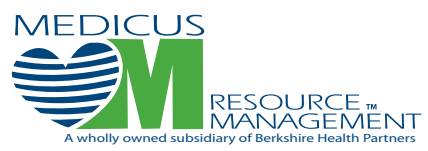


## Program Components:

- Identify members who are pregnant
- Engage, evaluate, educate, and encourage members to participate in their treatment plan
- Support and coaching of members by registered nurses and certified case managers including one-on-one coaching and at least four member contacts
- Provide semi-annual employer reports with member participation statistics including the program participation rates, aggregate statistical improvements, and potential health-cost savings

Take action to reduce factors for premature birth and other complications by calling 1-800-647-2500 and sign up for the High-Risk Maternity Program.

We encourage women to take an active role in their pregnancy because healthy mothers deliver healthy babies.



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