

Prenatal Program

Healthy Babies Start with Healthy Pregnancies

When you're expecting, you hope for an uncomplicated pregnancy and a healthy baby. PacificSource understands these concerns and is pleased to offer the Prenatal Program, a preparation program that helps you take care of your baby even before he or she is born.

What are the program benefits?

The PacificSource Prenatal Program helps expectant mothers learn more about their pregnancy and the development of their child. Research has shown that education, support, and access to appropriate prenatal care can positively affect pregnancy outcomes.

As a participant, you'll receive an information package that includes:

- A book on pregnancy and childbirth
- Educational materials, pamphlets, email tips, and newsletters
- A book for the father-to-be.



Direct: 541.684.5268

Toll Free: 888.987.5805

PacificSource.com

- A toll-free phone number you can call Monday to Friday from 8:00 a.m. to 5:00 p.m. to receive support from our prenatal nurse. You will have access to this number throughout your pregnancy and for six weeks after your baby is born

A nurse will speak with you by phone to complete enrollment in the program and talk with you briefly to learn more about you and your pregnancy. A nurse is available by phone throughout your pregnancy to answer your questions and offer pregnancy-related information so that you can get the most out of our program.

Your provider will be notified of your participation in the program and is welcome to contact the program nurse.

You'll receive an additional packet of helpful parenting information on what to expect when you go home with your baby and on child safety.

Who is eligible for the program?

All members and dependents covered under a PacificSource group or individual health plan are eligible for the program at no charge. The program is completely confidential, and participation is voluntary.

How do I register?

Registration is easy. Simply call (888) 987-5805. Or visit PacificSource.com and click on Members > Extras and Wellness Programs > Prenatal Program. After you register, everything you need will be sent directly to your home.

It is important to sign up in the first three months of pregnancy, or as soon thereafter as possible. The earlier in your pregnancy you register, the sooner the benefits begin for you and your baby!

If you have questions about our Prenatal Program, you're welcome to contact a Prenatal Program Representative toll-free at (888) 987-5805, or email us at [prenatal@pacificsource.com](mailto: prenatal@pacificsource.com).

