

## Special Delivery - Prenatal Program



### Giving Babies a Healthy Start

It is important to know all you can about your health when you become pregnant. It's important to you, and it's important for the health of your baby. That's why Nippon Life Benefits offers Special Delivery. The comprehensive program is designed to promote the health and well-being of soon-to-be moms and babies and to help prevent health issues from occurring during pregnancy. Plus, Special Delivery services are available at no additional cost to you.

For those participants who enroll during the first 20 weeks of pregnancy and continue to participate in the program throughout their pregnancy, Nippon Life Benefits will award a \$100 check. Participants not enrolling within the twentieth week of pregnancy are encouraged to enroll in the program, but they will not be eligible for the reward.

### Special Delivery Provides:

- A voluntary health screening
- Information on prenatal care

### How Special Delivery Works —

#### Step One: Personal Health Screening

Simply answer questions about your health and your family's medical history. Your answers will be evaluated by highly skilled nurses experienced in prenatal care. After the evaluation, a personal telephone consultation will be arranged. If any areas need special attention, a nurse will refer you to other healthcare services under the direction of your doctor.

### Step Two: Prenatal Education

You'll receive personalized health information and educational materials, based on the results of your health screening. You will also receive a copy of *Journey through Pregnancy*, an informative book that explains the stages of pregnancy and childbirth, and offers ways to recognize signs that may be indications of more serious health issues.

### Step Three: Resources and Guidance

Because questions do come up during and after pregnancy, our nurses can provide peace of mind with answers to your questions, and may offer referrals to local professional, public or private organizations. They can also help connect you with national support groups and offer guidance on parenting or on resolving problems that may arise if you are returning to work.

### Alternative Home Healthcare

If your physician prescribes alternative home healthcare as a result of the Special Delivery health screening, these services will be considered for reimbursement under the terms of your employer's healthcare benefit program.

### Eligibility

To participate in Special Delivery, you must be an eligible member or dependent under your employer's healthcare benefits program.

### For More Information

To learn more about the Special Delivery program, or to enroll, please call 800-374-1835. For Japanese-language services, call 800-971-0638. For Korean-language services, call 877-827-8713.