



A COMMITMENT TO SERVICE

MOM'S PROGRAM

The Mom's Program is a prenatal program offered through **MEDWATCH & GISC**.

Members who qualify must enroll in the program before 34 weeks to gain full benefits. If a qualified member enrolls after 34 weeks of pregnancy a decrease in benefits will result.

To begin the enrollment process call the **GISC Wellness Department at (800) 242-4472 extension (121)** or **email Lisa Sundstrom at: lsundstrom@giscinc.com**

MEDWATCH will then contact you to complete a health questionnaire and finally send you a consent form that **must** be returned to guarantee your enrollment in The Mom's Program. Once your consent form is signed and returned the GISC Wellness Department will contact you with confirmation and you will be sent:

- ⇒ **A DVD on infant care**
- ⇒ **Educational Materials**
- ⇒ **A book voucher for one book of your choice**

In addition, all Mom's Program participants are eligible for:

- ⇒ **Educational Classes** - we will reimburse up to \$125.00. Examples of these classes are childbirth, sibling, parenting, breastfeeding and CPR classes.
- ⇒ **Three post-delivery visits** from a visiting nurse or international board certified lactation consultant. This is monitored through case management at MEDWATCH.

Enroll prior to 34 weeks and you may select ONE of these enhanced benefits:

- ⇒ **Fitness classes:** We will reimburse up to \$150.00 for classes taken during pregnancy and up to three months after your delivery.
 - ⇒ **Car seat:** We will reimburse up to \$150.00 for a car seat purchased during your pregnancy and up to three months after delivery.
 - ⇒ **Homemaker:** We will reimburse up to \$25.00 per hour/up to nine hours maximum to use within the first three months after delivery. The homemaker must be licensed or certified. A taxpayer ID form (W-9) is required. The invoice must be itemized with the hours and dates of service. Services include: housekeeping, laundry, grocery, meal preparation and medication delivery.
- *Breastfeeding support and supplies are covered by the medical plan at 100% under Women's Preventative Services. Members can purchase a breast pump and/or obtain lactation counseling by a trained provider during pregnancy and/or postpartum. Submit receipts for reimbursement through the medical plan.*