

Give your baby a healthy start



OB-2/3	
FR	25
0°CHI	
Prq	3.0
Gn	40
S/A	2/1
Map	F/0
D	11.0
TBR	7
AC%	8
5"	
10"	



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

SANFORD
HEALTH PLAN

Congratulations!

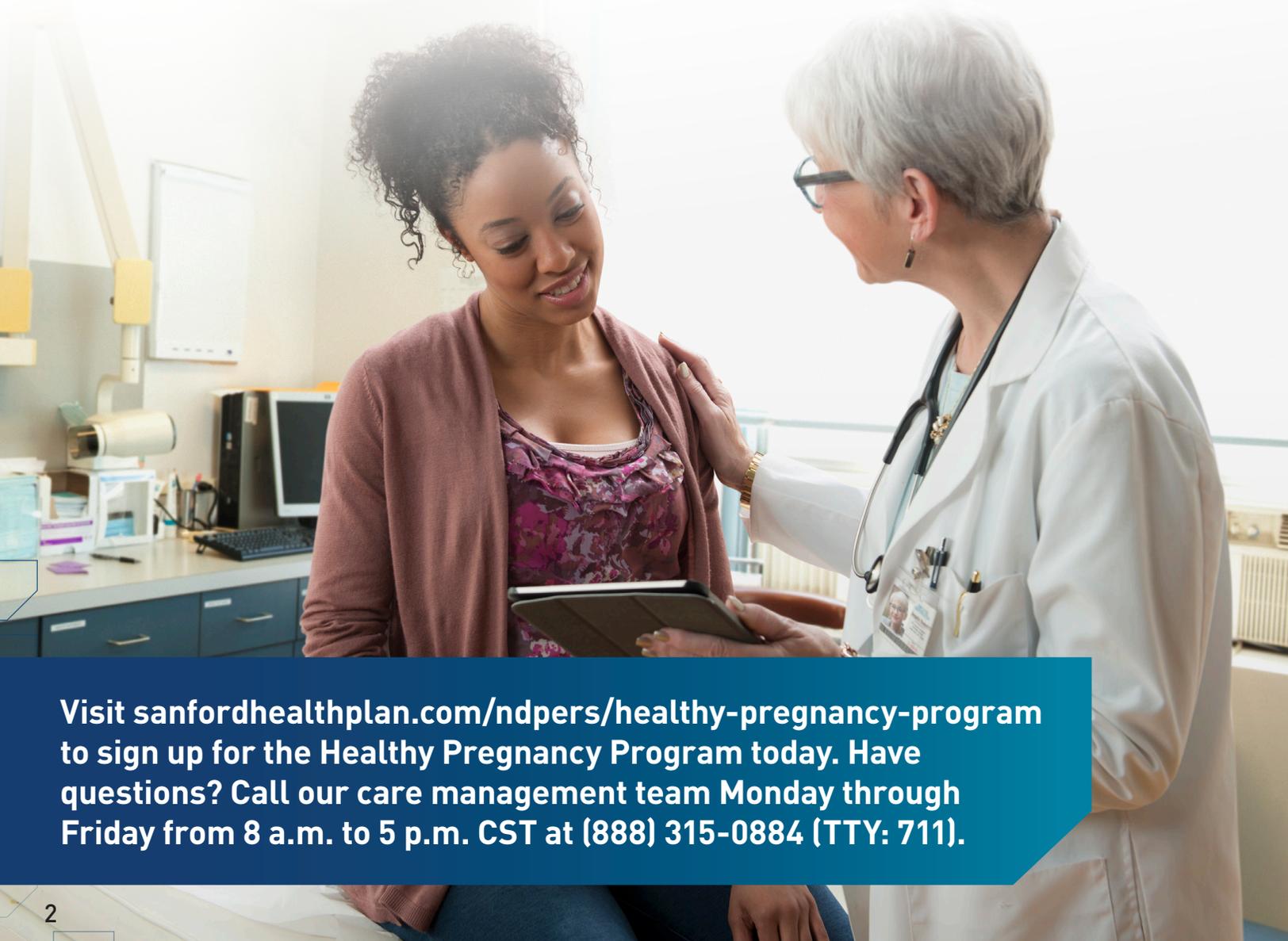
This is such a special time for your growing family. NDPERS and Sanford Health Plan want to make sure you have the tools and support you need to give your baby the healthiest start possible.

The Healthy Pregnancy Program is a free offering brought to you by Sanford Health Plan. Simply sign up between your 8th and 34th week of pregnancy and you'll receive a number of benefits including:

- Deductible waiver*
- Free prenatal vitamins
- Educational information on pregnancy, childbirth and postpartum

Up to
\$850
savings.

**Delivery deductible waiver available for women with Grandfathered/Non-Grandfathered PPO/Basic plan and who deliver with a participating provider.*



Visit sanfordhealthplan.com/ndpers/healthy-pregnancy-program to sign up for the Healthy Pregnancy Program today. Have questions? Call our care management team Monday through Friday from 8 a.m. to 5 p.m. CST at (888) 315-0884 (TTY: 711).



Text4baby

Receive free pregnancy tips right to your phone throughout your pregnancy and your baby's first year.



Text **BABY** to 511411 or visit text4baby.org to learn more.

Additional Resources

March of Dimes
marchofdimes.com

American College
of Obstetricians
acog.com

Kids Health
kidshealth.org



Newborn Coverage

As your family grows, you'll need to expand your health care coverage as well.

If you have single coverage:

- You must apply for newborn coverage through NDPERS within 31 days of your baby's date of birth.

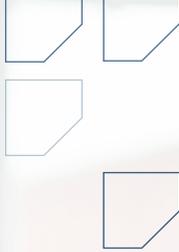
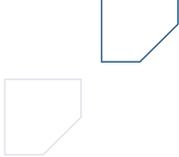
If you have family coverage*:

- Notify Sanford Health Plan when your due date is known and again once your baby is born.
- Your baby will be automatically added to your coverage plan.

Notify your employer or NDPERS at (701) 328-3900 to complete other applicable paperwork.

**Newborn grandchildren are subject to eligibility rules found in the Certificate of Insurance.*





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