



WeeCare



PEHP
Health & Benefits

Prenatal and Postpartum Program

What is WeeCare?

PEHP WeeCare is a pregnancy and postpartum program provided to support and educate PEHP members. WeeCare's goal is to help expectant mothers have the healthiest and safest pregnancy possible.

How it Works

Enroll online at www.pehp.org/weecare at any time during your pregnancy. You may also enroll by phone (see below). PEHP WeeCare will conduct a short phone interview to finalize enrollment. Contact will continue by phone or email throughout pregnancy.

Why Participate?

Two of the most important steps an expectant mother can take toward ensuring her own good health and the health of her unborn child are obtaining early, continuous prenatal care and receiving appropriate education.

- » **Support:** Have questions or concerns before, during, and after pregnancy? You can contact your friendly WeeCare Specialist by phone, email or message center.
- » **Resources:** Electronic resources are available through the Online Pregnancy Resource Center at pehp.org. Individualized resources are sent by email to meet the specific need of each expectant and new mother.

WeeCare Rebate \$50*

1. Enroll in WeeCare during pregnancy.
2. Complete the phone appointment with the WeeCare Specialist.
3. View a PEHP Wellness Webinar of your choice.
4. Submit rebate form to WeeCare.

*PEHP Rebates are taxable and may not apply to all groups. Contact your employer for details.

Rewards

- » You may enroll at any time during your pregnancy.
- » PEHP WeeCare offers a rebate for participating.
- » Depending on plan benefits, PEHP offers full prescription prenatal vitamin coverage (preferred generic) for female members up to age 55.
- » All women who enroll in PEHP WeeCare receive support and referral to educational resources.

www.pehp.org/weecare

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