

Pregnancy is a special time for expectant parents. It is a time of excitement and wonder. It is also a time to be more aware of the mother's health, and the growth and well-being of her baby.

Early and continuous care during pregnancy can greatly increase the likelihood of enjoying an uncomplicated pregnancy, a safe delivery, and a healthy baby. That's why PEHP WeeCare is so important to you and your baby's health.

PEHP WeeCare Rewards

- » You may enroll at any time during your pregnancy through 12 weeks postpartum.
- » PEHP WeeCare offers rebates. Participants may receive a \$50 rebate after the postpartum visit.
- » By reaching the first trimester weight up to one year after the birth of the baby, an additional \$50 rebate may be earned. See rebate forms for requirements.
- » Depending on plan benefits, PEHP offers full prescription prenatal vitamin coverage (preferred generic) for female members up to age 55. List of generic prenatal vitamins available online.
- » All women who enroll in PEHP WeeCare receive educational materials.

Effective July 1, 2014, FICA tax may be withheld from all wellness rebates. This will slightly lower any amount you receive. PEHP will mail additional tax information to you after you receive your rebate. Consult your tax advisor if you have any questions. Note: This may not apply to all employers; check with your employer or PEHP.



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www.pehp.org/weecare | weecare@pehp.org

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WeeCare

Prenatal and Postpartum Program



peHP

What Is PEHP WeeCare?

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

How Does It Work?

Enroll online at www.pehp.org/weecare at any time during pregnancy up to 12 weeks after delivery. You may also enroll by phone at 801-366-7400 or toll-free 855-366-7400.

PEHP WeeCare will conduct a short telephone interview with participants to determine possible risk factors. Contact with member will continue by mail or email throughout pregnancy.

Complex case management is available for high-risk pregnancies. Participants may download a Nurse Case Manager Assignment Request form at www.pehp.org/weecare.



Why Should You Participate?

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

PEHP WeeCare Offers:

- » Pre- and Postpartum Educational Materials – Individualized pamphlets sent by mail or email to meet the need of each expectant and new mother.
- » Support – Have questions or concerns pre- and postpartum? A friendly, concerned health professional is only a phone call or email away.
- » Pregnancy and Postpartum Resources – Books such as:
What to Expect When You're Expecting
What to Expect the First Year
What to Expect the Second Year
Nursing Mother's Companion

“PEHP WeeCare Rebate” and “Postpartum Weight Improvement Rebate”

See reverse side for information on rebate taxation

PEHP WeeCare Rebate – \$50

1. To qualify for the PEHP WeeCare rebate participant must enroll during pregnancy.
2. Download the PEHP WeeCare rebate form at www.pehp.org/weecare. Take form to your Healthcare provider for completion at the first postpartum visit.

Postpartum Weight Improvement Rebate – \$50

1. To qualify for the Postpartum Weight Improvement rebate, participant must enroll during pregnancy or by 12 weeks after the delivery of the baby.
2. Rebate is earned when participant reaches their first trimester weight within one year after the birth of the baby.
3. Download the rebate form at www.pehp.org/weecare and have weight verified by any health or fitness professional.

Submit completed rebate forms to PEHP WeeCare, P.O. Box 3505, Salt Lake City, UT 84110-3503, or fax to 801-328-7300. Please allow up to 4 weeks to process your rebate.

Note: During pregnancy, you will not be eligible to participate in PEHP Healthy Utah improvement rebates. The Tobacco Cessation rebate is available to PEHP WeeCare participants.