

*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.*



### **Contact Us**

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## **WeeCare**

### *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 Does It Work?

Enroll online at [www.pehp.org/weecare](http://www.pehp.org/weecare) at any time during pregnancy up to 12 months 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 to finalize enrollment. Contact with member will continue by phone or email throughout pregnancy.

## 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.



## WeeCare Participants Receive:

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

## Program Rebates

### PEHP 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.*

## PEHP WeeCare Rewards

- » You may enroll at any time during your pregnancy through 12 months postpartum.
- » 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.