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 months postpartum.
» PEHP WeeCare offers rebates.
» 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 educational materials.

Contact Us
P.O. Box 3503
Salt Lake City, Utah 84110-3503
801-366-7400 | 855-366-7400
www.pehp.org/members/pehp-weecare
weecare@pehp.org

11-1-18
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 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 mail 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.

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? Your friendly WeeCare specialist 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 Your Baby’s First Year

Program Rebates

PEHP WeeCare Rebate – $50*

1. Enroll in PEHP WeeCare during pregnancy.
2. After delivery, download the PEHP WeeCare rebate form at www.pehp.org/weecare.
3. Take form to your healthcare provider for completion at the first postpartum visit.
4. Fax or email rebate form to PEHP WeeCare.

PEHP WeeCare Postpartum Weight Improvement Rebate – $50*

1. Participant must enroll in PEHP WeeCare during pregnancy or by 12 months after the delivery of a baby.
2. Within one year of delivery, reach first trimester weight.
4. Take form to any health or fitness professional for completion to verify weight.
5. Fax or email form to PEHP WeeCare.

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