

HMSA Pregnancy and Postpartum Support Program



An Independent Licensee of the Blue Cross and Blue Shield Association

Whether your baby's due date is months, weeks, or days away, you're likely busy getting ready for the baby's arrival.

Preparing to welcome a baby is exciting and joyful, but pregnancy can also be challenging. That's why we want to make sure that you and your family get the support and resources you need.

To help facilitate a healthy pregnancy, the HMSA Pregnancy and Postpartum Support Program pairs you with your own maternity nurse who'll call to provide education and counseling. Nurse support doesn't replace the care pregnant patients receive from their OB-GYN or other providers but but supports their regular prenatal care with additional services.

This program is voluntary and available at no cost to HMSA members.







What services will I receive?

When you enroll, we'll match you with a nurse who can answer questions and help address your concerns. In addition to health education, your nurse will provide social and emotional support. Your nurse is available to check-in with you Monday through Friday if you have any concerns throughout your family's pregnancy.

To encourage your relationship with your family's provider, our program also helps you prepare questions and topics to discuss at prenatal care appointments.



You'll also receive:

	A copy of an informative book on pregnancy and childbirth.	This book is a trusted resource written by reproductive health experts.
	Referrals to community resources.	There are many resources in Hawaii for expectant parents. Your nurse can help you navigate a variety of resources and refer trustworthy services.
	Coordination with your family's health care provider.	With your OK, your nurse may call the pregnant patient's OB-GYN to request the doctor's care plan. This will allow the nurse to help follow the doctor's instructions and answer questions about pregnancy care.
	Additional nurse support by phone after delivery.	An important step in caring for your baby is making sure that you and your family get excellent postpartum care. Your nurse will support you and your family during the first six months after delivery and help with issues like postpartum depression, if necessary.



When should I enroll?

Enroll as soon as your family's pregnancy is confirmed. Prenatal care should start in the first three months of pregnancy.

How do I enroll?

To get an enrollment form, call us toll-free at 1 (855) 329-5461, Monday–Friday, 8 a.m.–5 p.m. To enroll online, go to hmsa.com/pregnancysupport.

How long does the program last?

The program lasts through your family's pregnancy and for six months after your baby is born.

Take advantage of this program at no cost to you. Then enjoy the experience of bringing a new baby into the world.

