

Maternity Care

Supporting you through pre-conception, pregnancy, childbirth, and caring for your new baby



Have questions about getting pregnant, pregnancy, labor, and what to expect during baby's first year? We're here to help you with a full range of maternity programs and benefits. We encourage you to explore all your benefits for starting and growing your family.



Ovia Fertility & Pregnancy Apps

We're partnering with Ovuline—developer of mobile reproductive apps Ovia Fertility and Ovia Pregnancy—to give our members tools to support conception and healthy pregnancies. Go to ovuline.com to download.



Living Healthy Babies

Our Living Healthy Babies website is always there when you need it, providing answers, educational resources, and interactive tools—including [guidelines for recommended doctor visits](#). From preparing for pregnancy, being pregnant, going through delivery, and what to expect during baby's first year, we're here to guide you each step of the way. Learn more at livinghealthybabies.com.



Breast Pumps

New mothers can get a cost-free manual or dual electric breast pump. Learn more at bluecrossma.com/breast-pump.



Childbirth Course Reimbursement

Expectant mothers may be eligible for reimbursement up to \$90 for completing a childbirth course. Check with your employer or call Member Service at the number on your ID card to see if you have this benefit.



Call-in Maternity Support

We offer specialized pregnancy and post-partum support to improve your health and help avoid complications. Call a Care Manager at **1-800-392-0098** Monday through Friday, 8:30 a.m. to 4:30 p.m. ET. For high-risk pregnancies, Nurse Care Managers are available.



Call-in Maternity Depression Care

Many women may experience anxiety, mood swings, and crying spells known as “baby blues”, but this goes away in a week or two post-delivery. Others experience a more serious condition called postpartum depression, which can last up to a year. Our Maternity Depression program provides support, education, and treatment referral for pregnant women and new mothers who may be struggling with these symptoms. For help, call a Behavioral Health Care Manager at **1-800-524-4010, ext. 62398**, Monday through Friday, 8:30 a.m. to 4:30 p.m. ET.



Blue Care Line

If you have concerns about a health issue, just call the **Blue Care Line** 24/7. A nurse can answer your medical questions and help you decide where to get the right care. Call **1-888-247-BLUE (2583)**.



Find a Doctor

To find a doctor or hospital near you, use our **Find a Doctor** tool, or call **1-800-588-5507** for help, Monday through Friday, 8:00 a.m. to 9:00 p.m. ET.