



IBEW Local 18-Sponsored Anthem Blue Cross Plans

Future Moms Program

Preparing to have a baby can be exciting, but it may also feel overwhelming. The Future Moms program has supportive resources to ease your mind and help you have a healthy pregnancy.

If you or a family member is pregnant and enrolled in an IBEW Local 18-sponsored Anthem Blue Cross medical plan, you can sign up for the Future Moms program to take advantage of:

- **24/7 access to nurses who will answer your questions and check on you throughout pregnancy.**
- **A no cost copy of Mayo Clinic Guide to a Healthy Pregnancy.**
- **A no cost telephonic screening to check your health risks.**
- **Educational resources on making healthy decisions during pregnancy.**
- **Phone access to pharmacists, nutritionists, and other specialists.**
- **Labor and delivery information, including birthing options and how to prepare.**
- **You can also schedule live video visits with a lactation consultant, counselor, or registered dietitian experienced in providing support on lactation and nutrition through LiveHealth Online or the Sydney Health App.**

When you enroll in The Future Moms Program, you will also receive gift cards for your participation. If eligible, Anthem Blue Cross will send you a \$25 gift card for enrolling in the program, and a \$100 gift card for completing the program.

If you or a covered family member is pregnant, please call 866-664-5404 to enroll in the Future Moms Program.

Dear IBEW Local 18 Member,

We are about to reward you for getting healthy!

Get ready to join an exciting generation of healthier and happier IBEW Local 18 members! **All IBEW Local 18 members, their covered spouses, domestic partners and adult children who are currently enrolled in Anthem Blue Cross are eligible for the Health Rewards program.** We think it's going to be a great opportunity for you to take your health to a whole new level.

IBEW Local 18 Health & Welfare Trust wants you to be the best that you can possibly be; and what better way to help you get there than by adding some extra motivation! That's why we're really excited about offering the Health Rewards program. All you will need to do to get rewarded is to take part in certain health and wellness programs. When you enroll in The Future Moms Program or Condition Care Program, you will receive gift cards for your participation. Once you enroll in a program you will get the following:

- 1) **The Future Moms Program:** Anthem Blue Cross will send a \$25 Target gift card for enrolling in the program, and a \$100 Target gift card, for completing the program.
- 2) **The Condition Care Program:** Anthem Blue Cross will send a \$25 gift card for enrolling in the program, and a \$100 gift card for completing the program for those identified.

Here's how your Health Rewards program will work:

- **Future Moms** – if you or a covered family member is pregnant you can call 866-664-5404 to enroll. You will receive coaching from a registered nurse to provide care and support for a healthy pregnancy and healthy child.
- **Condition Care Program** – if you or a covered family member is suffering from diabetes or CAD, you can call 800-621-2232 to enroll. You will receive counseling and coaching on healthy lifestyles to meet your goals.

Sincerely,

Anthem Blue Cross