



Congratulations on your pregnancy!

Tufts Health Plan hopes to help you stay healthy during pregnancy and childbirth. We encourage you to fill out the attached questionnaire, discuss it with your health care provider, and return it to our Health Programs Department, so that we may help to identify and support your pregnancy and health care needs at this special time. Although this information may be used to assist or refer you to a health program, we always encourage you to contact your health care provider to seek care if needed.

Your enrollment in *Tufts Total Health Care: Maternity*[™] begins when you send your completed Prenatal Questionnaire to the Tufts Health Plan Health Programs Department. You will receive a Prenatal Care Guide book, which is your guide to the many programs we offer pregnant members, and have access to a comprehensive range of pregnancy-related benefits and resources at no additional cost. Program features include:

- Nutritional counseling
- Lactation consultation
- Childbirth classes
- Pediatrician interviews
- *MOMS* smoking cessation program
- *Healthy Birthday Program* for pregnant members who are at risk for early labor and delivery. Obstetrical nurse case managers work with members and their providers to support treatment and help make resources available.
- *Tufts Health Priority Care*[™], our specialty case management program for members who are pregnant and have complex medical conditions. If you are eligible, a nurse case manager will contact you by telephone.
- Postpartum care
- Postpartum home visit with a nurse

Your Privacy

At Tufts Health Plan we adhere to strict guidelines with regards to confidentiality and privacy of our members' protected health information (PHI). Completing and returning the questionnaire is voluntary, as is your participation in any of our programs. The information you provide us in the questionnaire will be treated in a confidential manner. We will not share it with anyone unrelated to your health care needs, nor will it impact your health insurance coverage.

Please return your completed prenatal questionnaire to:

By Mail: Tufts Health Plan
Attn: Maternity Program Manager
Health Programs
705 Mt. Auburn Street
Watertown, MA 02472-1508

By Fax: (617) 972-9417

