

HEALTHY PREGNANCY PROGRAM



The Healthy Pregnancy Program focuses on education and awareness. The goal of the program is to identify those who have increased risk of pre-term delivery and to design interventions to improve pregnancy outcomes. The American College of Obstetricians and Gynecologists (ACOG) guidelines state that medical, obstetric and lifestyle factors can complicate a pregnancy. Many birth defects happen very early in pregnancy, sometimes before a woman even knows she is pregnant. Not all birth defects can be prevented, but women can take actions to increase their chance of having a healthy baby.

Am I eligible for the program?

Eligible members for the Healthy Pregnancy Program are identified as female members of all ages who are pregnant and call the Health Plan to notify us of their pregnancy. Members will receive a letter and initial program packet.

How do I participate or notify you that I choose not to participate in the program?

Once Sanford Health Plan has identified you as an eligible member for the program you may choose to not participate in the program by completing the Non-Participant Form, included in the initial program packet, and returning the form to Sanford Health Plan. If you choose to enroll in the program, please complete the health risk assessment in the program packet and return it to Sanford Health Plan in the provided postage paid envelope.

What does the Healthy Pregnancy Program include?

Once Sanford Health Plan receives your health risk assessment, it will be reviewed to determine if your pregnancy is considered low, moderate or high risk. Based on these results, you will receive useful information and tools that best match your needs.

Telephone calls occur on an as needed basis and include discussions on your family and personal medical history, daily schedule, eating habits and other lifestyle choices that may have an affect on the outcome of your pregnancy. Also discussed is information specific to identified high risk factor(s) from the health risk assessment. Our nurse may recommend services such as nutritional counseling or home health based on the assessment. The nurse will discuss the importance of compliance with practitioner instructions. At the conclusion of the program, enrolled members will also receive a "Welcome New Baby" packet.

Enrolled members may reach a Quality Resource Registered Nurse at (605) 328-6868 or toll free at 1-888-315-0884 between the hours of 8 a.m. and 5 p.m. (CDT) Monday through Friday for any questions concerning their pregnancy or the Healthy Pregnancy Program. Questions may also be emailed to: quality@sanfordhealth.org.