

You deserve **maternity care** from **AZ Blue.**



Congrats! You're Expecting! Here are benefits that will make your transition to parenthood easier. AZ Blue's maternity support programs guide you through every step of your journey to motherhood.

For the most up-to-date information, visit azblue.com/maternity

What's Covered



Prenatal Checkups

These are your regular doctor visits to track baby's growth and your health – typically monthly at first, then weekly as your due date gets closer.



Gestational Diabetes Screening

Some women develop diabetes during pregnancy. This routine test, done around 24-28 weeks, helps spot it early so you and baby stay healthy.



Breast Pump

Your cost share is waived for 1 FDA-approved manual or electric breast pump and breast pump supplies per member, per calendar year.



Ultrasounds

A safe way to see your baby during pregnancy. The first usually happens as early as 8 weeks to check in on development and confirm your due date.



Labor and Delivery

Your hospital stay and the care you receive during childbirth.



Lactation Consultant

One-on-one support to help you get started with breastfeeding, solve challenges, and feel more confident feeding your baby.

Exclusions: Hospital-grade breast pumps and hospital-grade breast pump supplies

Benefit-Specific Maximum:
Benefits are limited to 1 manual or electric (not hospital grade) breast pump and breast pump supplies per member, per calendar year. This limit does not apply to claims for preventive services submitted with a primary behavioral health diagnosis.

Save Money with Blue365® Discounts

Save on health and wellness services, making your pregnancy journey healthier and more affordable.

Save up to 50% on standard cord blood and tissue banking for your baby

Save 15% on diapers and wipes

Up to 20% off products for new moms and babies

Products include:

- Baby bottles
- Pacifiers
- Bottle warmers & sterilizers
- Baby monitors

- Access 13,000+ gyms starting at **\$19/month with \$0 enrollment fee**
- Discounts on healthy meal delivery services
- Discounts on prenatal and premium vitamins



Register for Blue365 through the AZ Blue member portal at azblue.com/member.

Keep your **body and mind healthy** during pregnancy



These resources¹ are designed to help expectant mothers maintain a healthy lifestyle, ensuring both their well-being and that of their developing baby. Sharecare®, a wellness app, helps you track your core health factors and daily habits during pregnancy. From stress to sleep, diet to exercise, Sharecare will help you identify the areas impacting your health and teach you how to change them.

Learn about:

- Pregnancy and Childbirth
- Parenting
- Women's Health

Use the Symptom Checker:

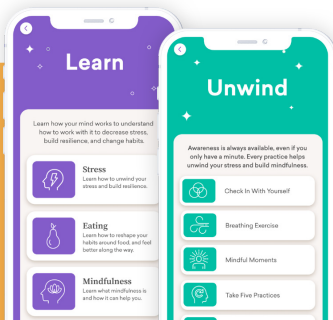
- Reliable, research-based information
- Expert advice on next steps

Get Lifestyle Coaching Support

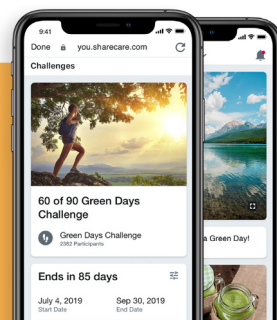
- Highly trained health coaches
- Help with goal setting and problem-solving
- Regular, telephonic check-ins

Stress relief on demand

Unwinding is a mental well-being app that helps members manage everyday stress. It's an evidence-based digital program. On-demand mini-courses, exercises, and tools are designed to build resilience and foster a more focused, aware, and mindful approach to life and work.



Register at azblue.sharecare.com
Navigate to **Achieve**,
select **Programs**, and then select **Unwinding**.



Personalized Nutrition Counseling

Registered dietitians can provide you with personalized counseling and support to help you with your unique nutritional needs and help you maintain a healthy diet throughout your pregnancy.

Blue Distinction® Centers (BDC) for Maternity Care

Easily access top-quality care while saving money. BDC's excellence program is designed to help you find providers who offer high-quality care at lower costs. They make it easier for you to make the best choices for your health and your wallet.

Patient-Centered Medical Homes (PCMH)

The PCMH model emphasizes preventive care and early intervention, leading to improved health outcomes for both mother and baby. They help ensure expectant mothers receive continuous support throughout their pregnancy, childbirth, and postpartum period. This includes:

- Personalized care from a dedicated Care Manager
- High-risk pregnancy management
- Extensive postnatal support

Find the care you need



You can find a Registered Dietitian, PCMH provider, or Blue Distinction Centers by using the **Find a Doctor** search tool.

1. Go to azblue.com/find-a-doctor.

2. Enter your location.

3. Use the Advanced Search option to find the Blue Distinction Centers filter, Registered Dietitians, or select PCMH. Certified PCMH providers will have the PCMH logo in their provider profile.



You have support **if complications arise**

A pregnancy is considered high-risk when there is a greater chance of complications for mom, baby, or both. It doesn't necessarily mean something is wrong – it just means more monitoring, support, or specialized care is needed. Examples include history of pregnancy-related complications, pregnant with twins/multiples, or gestational diabetes.

Healthy pregnancies, healthy moms, healthy babies. That's the goal of AZ Blue's High-Risk Maternity Care Management Program! Our Care Managers offer high-risk pregnancy support throughout pregnancy and postpartum at no cost.



How do our Care Managers help?

They conduct specialized assessments to understand your unique needs and preferences. They work closely with healthcare providers to create a tailored care plan. They'll help:



Walk You Through At-Home Tests & Screenings



Provide Pregnancy Education



Find a Provider



Collaborate with Your Providers



Create Personalized Care Plans



Connect You to Free Community Resources

Contact AZ Blue's Care Management team at CM@azblue.com or call **602-544-8982** to learn more.

True Story:

Mom with hypertension welcomes healthy baby with help from AZ Blue Care Manager

A 24-year-old AZ Blue member with a history of hypertension was in the final weeks of pregnancy and feeling uncomfortable. She called AZ Blue's High-Risk Maternity Program. A Care Manager (CM) guided her through taking her blood pressure with her at-home cuff. **The reading was worrisome: 151/113.**

The Care Manager calmly explained that it was necessary for her to be seen in OB Triage/Emergency for her elevated blood pressure. Within an hour of the call, the member was in good hands at the hospital. Several hours later, she welcomed a healthy baby girl. The new mom had no complications, her blood pressure went down and stayed down after delivery without long-term medication, and her baby did not require a NICU admission.

Today, both member and baby are home and doing well.

azblue.com/true-story

¹Availability of services and programs will vary. Not all programs are available to all members. Certain programs, such as health coaching, have eligibility requirements. AZ Blue members should always consult with their doctor or healthcare provider about medical care or treatment. Recommendations, advice, services, or online resources are not a substitute for the advice of a member's doctor or healthcare provider. Recommended services or treatment options may not be covered under AZ Blue benefit plans. Certain health and wellness services are provided by an independent third party contracted by AZ Blue to provide health enhancement services to AZ Blue members. Blue Distinction Centers (BDC) met overall quality measures, developed with input from the medical community. A Local Blue Plan may require additional criteria for providers located in its own service area; for details, contact your Local Blue Plan. Blue Distinction Centers+ (BDC+) also met cost measures that address consumers' need for affordable healthcare. Each provider's cost of care is evaluated using data from its Local Blue Plan. Providers in CA, ID, NY, PA, and WA may lie in two Local Blue Plans' areas, resulting in two evaluations for cost of care; and their own Local Blue Plans decide whether one or both cost of care evaluation(s) must meet BDC+ national criteria. National criteria for BDC and BDC+ are displayed on www.bcbs.com. Individual outcomes may vary. For details on a provider's in-network status or your own policy's coverage, contact your Local Blue Plan and ask your provider before making an appointment. Neither Blue Cross and Blue Shield Association nor any Blue Plans are responsible for non-covered charges or other losses or damages resulting from Blue Distinction or other provider finder information or care received from Blue Distinction or other providers. Sharecare is an independent company contracted to provide this online program and/or services for Blue Cross® Blue Shield® of Arizona. Information provided by Sharecare is not a substitute for the advice or recommendations from your healthcare provider. Blue Cross, Blue Shield, and the Cross and Shield Symbols are registered service marks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. ©2026 Blue Cross Blue Shield of Arizona, Inc. All rights reserved. ©2000-2026 Blue Cross and Blue Shield Association – All Rights Reserved. The Blue Cross and Blue Shield Association is an association of independent, locally operated Blue Cross and Blue Shield Plans. Blue365® offers access to savings on items that members may purchase directly from independent vendors, which are different from items that are covered under the policies with their Blue Cross and/or Blue Shield Company (each a "Blue Company"), its contracts with Medicare, or any other applicable federal healthcare program. The products and services described herein are neither offered nor guaranteed under Members' Blue Company's contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Blue Cross and Blue Shield Association (BCBSA) may receive payments from Blue365 vendors. Neither any local Blue Company nor BCBSA recommend, endorse, warrant, or guarantee any specific Blue365 vendor or item. Blue365® services are offered by independent companies that do not provide Blue Cross and/or Blue Shield products or services and are solely responsible for the services provided. These companies are not affiliated with AZ Blue. Discounts may be rescinded or canceled at any time without notice. There is no guarantee of the percentage or level of savings on services or products. Lower prices may be available on the same products or services through other programs or vendors. Limitations and restrictions apply to each program.