I'm Pregnant! ..... Now What?

1. ***Enroll in baby program:*** *If you're insured on the MISD health plan with TRS-ActiveCare/Aetna, (not Scott & White HMO) you have access to the* ***"Beginning Right® Maternity Program"*** *to help guide you through a healthy pregnancy. The program provides one-on-one support from trained nurses to give your baby a healthier start in life. Learn about prenatal care, pre-term labor, newborn care and more. Get personal attention for special pregnancy-related needs, risks or conditions.*



Babies touch their toes

To participate or learn more about the program, call toll-free ***1-800-CRADLE1 (1-800-272-3531)****, Monday-Friday 8am-7pm ET or log in to Aetna Navigator (www.trsactivecareaetna.com) and look under " Health Programs."*



Baby diaper pins.

Scott & White moms program*: Get important information and resources for new moms and dads from our* ***MOMS program*** *that supports families following the birth of a newborn with personal phone calls by a license professional. A* ***MOMS program*** *professional can be reached toll free at 1888-316-7947.*

2. ***FYI—TRS ActiveCare maternity policies/guidelines:*** *Newborns are automatically covered for the first 31 days of life. To continue coverage, baby must be added to the plan by completing paperwork in the Benefits office (within 31 days of birth) . Prenatal care is covered at 100%. Delivery, postnatal care & ultrasounds are covered at 80% after applicable copays and deductibles.*

   If you are ***not*** *going to add your newborn to the Mesquite ISD health plan, please provide proof of other coverage to Aetna that the baby had other coverage on date of birth. Be sure to check your EOBs with Aetna to make sure that you were not charged for newborn's coverage for the first 31 days of coverage because that changes your health deductible. For example, if you are on Plan 1HD, your health plan deductible changes from $2750 to $5500.*

   Please call Aetna at 1-800-222-9205 or Scott & White HMO @ 1-800-321-7947 for further assistance.



Baby

3. ***Add baby to insurance—31 days****: After the baby is born, you have* ***31*** *days from the date of birth to add the baby to your insurance (health, life, etc…). A phone call, telephone message or email is* ***NOT*** *a form of enrollment. To enroll, you must physically come into the Benefits Office and bring with you the following:*



Benefits Logo 31

   - *Verification of Birth Facts—You usually receive this from the hospital upon discharge.*
   - *Social security number—If not available at the time of enrollment, just call the Benefits Office as soon as you receive it. (Do not delay enrollment waiting on the SS#).*

4. ***Leave Request—To Do:*** *If you are a para-professional or professional employee, you will need to complete a leave request on* ***Eduphoria*** *within five days of needing tenure and follow the Eduphoria instructions. If you have any questions, please email Rhonda Ferrin in personnel at rferrin@mesquiteisd.org. If you are not a para-professional or professional employee, please contact your supervisor for leave requirements.*

Note: Maternity leave is NOT a paid leave unless you have accrued days.

5. ***Disability****—If you carry disability insurance, pick up a claim packet from the Benefits Office (also available on the MISD website under the "For Staff" tab, "Benefits Department" link, Insurance|Beneficiary|Name Change Forms). You will want to file your claim as soon as possible* ***after*** *the baby is born or* ***after*** *you are disabled for any other reason. This can help supplemental you income while you're off. (Disability coverage has a pre-existing condition limitation for 12 months prior to effective date of coverage).*

6. ***Gap****|hospital indemnity—If you carry gap or hospital indemnity insurance, submit a claim online or complete a paper application. Information available on the MISD website: www.mesquiteisd.org, For Staff, Benefits Department, Health Indemnity Insurance (GAP) or www.mesquiteisd.org, For Staff, Forms, Benefits Forms & Instructions, Claim Forms & Instructions.*

6. ***Need a sub?****—Please contact the substitute director, Terri Craig at tcraig@mesquiteisd.org for any questions regarding requesting a substitute during your absence.*

MISD Logo

Visit the Mesquite ISD Benefits Website for more information
www.mesquiteisd.org | For Staff | Benefits Department
Email: Benefits@mesquiteisd.org—Fax: 972-882-7774



Baby feet

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