

# ARE YOU EXPECTING?

Your Guide to Navigating All of the MPC Benefits for New and Expecting Parents

## BUILDING HEALTHY FAMILIES

Enroll as soon as you know you're pregnant to receive access to a 24/7 nurse coach, a comprehensive pregnancy book, valuable resources, and gift cards totaling \$150.

## TELADOC

Medical experts can help with a wide range of pregnancy issues: second opinions of high-risk or complicated diagnoses, review abnormal ultrasounds, answer questions, offer guidance if your child is in the NICU.

## PAID TIME OFF

Birthing mothers receive eight weeks of paid time off. Non-birthing parents (including adoptions and foster placement) receive four weeks of paid time off.

## LACTATION CONSULTS

Through Future Moms, new moms can access lactation consultants, counselors, and nutritionists all through the LiveHealth Online app.

## MOTHER'S ROOMS

Most locations offer clean, secure areas for new mom's to visit as needed throughout the work day to express milk.



## ENHANCED DENTAL

Receive an additional annual cleaning, periodontal treatment and maintenance during your pregnancy through the MPC Dental Plan. Untreated gum disease can lead to premature birth.

## BREAST PUMP

The Health Plan covers one breast pump per pregnancy with no cost sharing for female members. To be covered this must be purchased through a Durable Medical Equipment company and not at a retail store.

## BENEFIT CHANGES

The addition of a child to your family is a qualifying event for your benefits. The window for changing your benefits is 31 days, including the day of the event.

## WELL BABY CARE

The Health Plan covers all of your child's check-ups, vaccinations and immunizations at 100%. Be sure to keep up on these very important services.

## ADOPTION ASSISTANCE

Reimbursement for qualifying adoption expenses up to \$7,500 per adoption with a lifetime maximum of \$15,000. There is no limit on the number of adoptions.



For more information on the benefits described above, please visit [www.mypcbenefits.com](http://www.mypcbenefits.com)