



ARE YOU EXPECTING?

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

FUTURE MOMS

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.

BEST DOCTORS

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.

For more information on the benefits described above, please visit www.mypcbenefits.com



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.