Health Net of California, Inc. (Health Net)

Healthy Beginnings Start Here

YOUR 2027 FAMILY PLANNING AND MATERNITY GUIDE

University of California Postdoctoral Scholars



HealthNet.com/psbp

Healthy Baby Toolkit

Welcoming your newest family member is an adventure, and we're here to help. We created these tools and resources to help make life easier for you and your baby.

Family planning/maternity coverage at a glance

Covered services	HMO cost	PPO cost
Prenatal and postnatal office visits[1]	$10 copay	INN (Prenatal) – No Charge INN (Postnatal) – 20% coinsurance OON – 40% coinsurance (both)
Hospital delivery including cesarean section	$0 copay	INN – $250 per admit + 20% coinsurance OON – $250 per admit + 40% coinsurance
Newborn care through the first 30 days[1]	$10 copay (office visit) $0 copay (circumcision and immunization)	INN – $20 copay OON – 40% coinsurance (office visit) INN – No charge OON – 40% coinsurance (immunization) INN – 20% coinsurance OON – 40% coinsurance (circumcision)
Contraceptives[2]	$0 copay	INN – $0 copay OON – 40% coinsurance
Injectable contraceptives[2]	$0 copay	INN – $0 copay OON – 40% coinsurance
Alternative birth centers	$0 copay (must consult PPG for availability)	INN – $250 per admit + 20% coinsurance OON – not covered
Breastfeeding support, supplies and counseling[3] **Limited services (partial coverage) benefits**	$0 copay	$0 copay

Note: *Home birth is not covered under your plan*

Infertility benefits

Covered services	HMO cost	PPO cost
Artificial insemination	Covered at plan benefits	Covered at plan benefits
In vitro fertilization (IVF)	Covered at plan benefits limited to a combined 3 completed oocyte retrievals per lifetime and unlimited transfers, per member	Covered at plan benefits limited to a combined 3 completed oocyte retrievals per lifetime and unlimited transfers, per member
Zygote intrafallopian transfer (ZIFT)	Covered at plan benefits limited to a combined 3 completed oocyte retrievals per lifetime and unlimited transfers, per member	Covered at plan benefits limited to a combined 3 completed oocyte retrievals per lifetime and unlimited transfers, per member
Gamete intrafallopian transfer (GIFT)	Covered at plan benefits limited to a combined 3 completed oocyte retrievals per lifetime and unlimited transfers, per member	Covered at plan benefits limited to a combined 3 completed oocyte retrievals per lifetime and unlimited transfers, per member
Cryopreservation and storage of sperm, oocytes, and embryos[4]	Covered at plan benefits	Covered at plan benefits
Medically necessary surrogate health testing[5]	Covered at plan benefits	Covered at plan benefits
Infertility drugs[6]	Covered at plan benefits	Covered at plan benefits

Note: *"Covered at plan benefits" means the cost of the service is subject to your plan's standard cost-sharing, such as copays for office visits, inpatient hospital stays, and prescription drugs.*

Visit **www.healthnet.com/psbp**. Refer to your *Evidence of Coverage* for complete plan details.

Doula support is available before, during, and after childbirth

Health Net Doula Support—At No Cost to You

Health Net is here to support you throughout pregnancy, labor, delivery, and postpartum. This includes members who have experienced a stillbirth, miscarriage or abortion. These services are free for pregnant members.

What is a doula?

A doula is someone trained to provide support during pregnancy, childbirth, and the postpartum period. Their personal care can often help to improve health outcomes for parents and babies.

Choose the doula service that fits your needs

1. **Individual Doula Program** – Work with a doula in-person or online during pregnancy, labor, and postpartum.

   You can find a doula using *Find a Provider*. Select *Medical Facilities*, then *Clinic or Urgent Care*, then use the drop down menu to *Select Specialty: Doula*

2. **Mahmee with wrap-around services** – Access online and in-person doula support via the Mahmee app, available 7 days a week. Contact Mahmee for more information about in-person services.

   This program also includes:

   - Maternity services from nurses
   - Mental health coaches
   - Nutritionists, and more

   Contact Mahmee at:

   www.mahmee.com

   Phone: 1-818-431-1118

   Monday through Friday 6 a.m. to 8 p.m. Pacific time (PT).

   Saturday and Sunday from 8 a.m. to 6 p.m. PT.

Important:

- You may enroll in either the Mahmee with wrap-around services *or* the Individual Doula Program, but **not both.**
- Doulas **do not replace** medical providers or offer medical advice.



For more information, please visit our website or call the Member Services number on your Health Net Member ID card.

If you're having a baby: Select a primary care physician (PCP)

If you and your family members are currently covered by UC Postdoctoral Scholars, your newborn must be assigned to a pediatric provider in the mother's physician group until the first day of the calendar month following birth.[5] If the mother is not enrolled in UC Postdoctoral Scholars, the child will be assigned to the primary member's physician group. In order for coverage to continue, you must also enroll your newborn through your employer within 30 days after the birth of the child.

To select a doctor from a physician group other than the mother's or the subscriber's (when the mother is not a Health Net member at the time of birth),

1. Call the customer contact center telephone number listed on the back of your member ID card.
2. You can also log in as a member to **healthnet.com/psbp** and select *My Account*. The change will be effective on the first day of the calendar month after we receive your request.[7]

Get the most out of your health plan during pregnancy

UC Postdoctoral Scholars is here for you during your pregnancy – and after the baby is born. We provide online resources and phone support for you during this exciting time. Be sure to see or talk with your doctor before starting any wellness program.

Start your pregnancy off right with a healthy body

- If you smoke, quit.
- Reduce stress in your life.
- Prepare a nutrition plan.



Start Smart for Your Baby®

Every pregnancy is different. Moderate and high-risk pregnancies require special care to help protect you and your baby from adverse health outcomes.

Start Smart for Your Baby provides extra support throughout your pregnancy, birth, and postpartum. Care managers work with you and your doctor to help ensure you receive the care you need and connect you with helpful information and resources, including:

- Benefits available
- Help finding a doctor
- Breastfeeding supplies
- Resources for healthy food, safe housing, clothing, cribs, and other essentials for you and your baby.
- Support and tools to help you quit smoking, drinking alcohol, or using drugs.

Log in as a member to **healthnet.com/psbp** for more information and to sign up.

SCAN ME

Nurse Advice Line

Our 24/7 Nurse Advice Line offers timely access to registered nurses for help with health questions on the phone, any time, day or night.

You can get instant support by calling the number on the back of your Member ID card. Get answers about common health concerns, including colds and flu, minor illnesses and injuries, chronic pain, and medications.



English
No Cost Language Services. You can get an interpreter. You can get documents read to you and some sent to you in your language. For help, call us at the number listed on your ID card or call 1-800-522-0088 (TTY: 711).

Arabic
خدمات اللغة مجانية. يمكنك الحصول على مترجم فوري. ويمكنك الحصول على وثائق مقروءة لك. للحصول على المساعدة، اتصل بنا على الرقم الموجود على بطاقة الهوية، أو اتصل على مركز الاتصال التجاري (TTY: 711) 1-800-522-0088

Armenian
Անվճար լեզվական ծառայություններ: Դուք կարող եք բանավոր թարգմանիչ ստանալ: Փաստաթղթերը կարող են կարդալ ձեզ համար: Օգնության համար զանգահարեք մեզ ձեր ID քարտի վրա նշված հեռախոսահամարով կամ զանգահարեք 1-800-522-0088 (TTY: 711).

Chinese
免費語言服務。您可使用口譯員。您可請人使用您的語言將文件內容唸給您聽，並請我們將有您語言版本的部分文件寄給您。如需協助，請致電您會員卡上所列的電話號碼與我們聯絡，或致電 1-800-522-0088 (TTY: 711)。

Hindi
बिना लागत की भाषा सेवाएँ। आप एक दुभाषिया प्राप्त कर सकते हैं। आपको दस्तावेज पढ़ कर सुनाए जा सकते हैं। मदद के लिए, आपके आईडी कार्ड पर दिए गए सूचीबद्ध नंबर पर हमें कॉल करें, या 1-800-522-0088 (TTY: 711)।

Hmong
Kev Pab Txhais Lus Dawb. Koj xav tau neeg txhais lus los tau. Koj xav tau neeg nyeem cov ntaub ntawv kom yog koj hom lus los tau. Xav tau kev pab, hu peb tau rau tus xov tooj ntawm koj daim npav los yog hu 1-800-522-0088 (TTY: 711).

Japanese
無料の言語サービス。通訳をご利用いただけます。文書をお読みします。援助が必要な場合は、IDカードに記載されている番号までお電話いただくか、1-800-522-0088 、(TTY: 711)。

Khmer
សេវាភាសាដោយឥតគិតថ្លៃ។ អ្នកអាចទទួលបានអ្នកបកប្រែផ្ទាល់មាត់។ អ្នកអាចស្តាប់គេអានឯកសារឱ្យអ្នក។ សម្រាប់ជំនួយ សូមទាក់ទងយើងខ្ញុំតាមរយៈលេខទូរស័ព្ទដែលមាននៅលើកាតសម្គាល់ខ្លួនរបស់អ្នក ឬ ទាក់ទងទៅមជ្ឈមណ្ឌលទំនាក់ទំនងពាណិជ្ជកម្មនៃក្រុមហ៊ុន 1-800-522-0088 (TTY: 711).។

Korean
무료 언어 서비스. 통역 서비스를 받을 수 있습니다. 귀하가 구사하는 언어로 문서의 낭독 서비스를 받으실 수 있습니다. 도움이 필요하시면 보험 ID 카드에 수록된 번호로 전화하시거나 1-800-522-0088 (TTY: 711).

Navajo
Saad Bee Áká E'eyeed T'áá Jíík'e. Ata' halne'ígíí hóló. T'áá hó hazaad k'ehjí naaltsoos hach'į' wóltah. Shíká a'doowoł nínízingo naaltsoos bee néího'dólzinígíí bikáa'gi béésh bee hane'í bikáá' áajį' hodíílnih éí doodaii' 1-800-522-0088 (TTY: 711).

Persian (Farsi)
خدمات زبان به طور رایگان. می توانید یک مترجم شفاهی بگیرید. می توانید درخواست کنید که اسناد برای شما قرائت شوند. برای دریافت راهنمایی، با ما به شماره ای که روی کارت شناسایی شما درج شده تماس بگیرید یا با مرکز تماس بازرگانی 1-800-522-0088 (TTY: 711).

Panjabi (Punjabi)
ਬਨਿਾਂ ਕਸਿੇ ਲਾਗਤ ਤੋ ਭਾਸ਼ਾ ਸੇਵਾਵਾਂ। ਤੁਸੀਂ ਇੱਕ ਦੁਭਾਸ਼ਿਆ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹੋ। ਤੁਹਾਨੂੰ ਦਸਤਾਵੇਜ਼ ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਚਿ ਪੜ੍ਹ ਕੇ ਸੁਣਾਏ ਜਾ ਸਕਦੇ ਹਨ। ਮਦਦ ਲਈ, ਆਪਣੇ ਆਈਡੀ ਕਾਰਡ ਤੇ ਦੱਤਿੇ ਨੰਬਰ ਤੇ ਸਾਨੂੰ ਕਾਲ ਕਰੋ ਜਾਂ ਕਰਿਪਾ ਕਰਕੇ 1-800-522-0088 (TTY: 711).

Russian
Бесплатная помощь переводчиков. Вы можете получить помощь устного переводчика. Вам могут прочитать документы. За помощью обращайтесь к нам по телефону, приведенному на вашей идентификационной карточке участника плана. Кроме того, вы можете позвонить в 1-800-522-0088 (TTY: 711).

Spanish
Servicios de idiomas sin costo. Puede solicitar un intérprete. Puede obtener el servicio de lectura de documentos y recibir algunos en su idioma. Para obtener ayuda, llámenos al número que figura en su tarjeta de identificación o comuníquese con el 1-800-522-0088 (TTY: 711).

Tagalog
Walang Bayad na Mga Serbisyo sa Wika. Makakakuha kayo ng isang interpreter. Makakakuha kayo ng mga dokumento na babasahin sa inyo. Para sa tulong, tawagan kami sa nakalistang numero sa inyong ID card o tawagan ang 1-800-522-0088 (TTY: 711).

Thai
ไม่มีค่าบริการด้านภาษา คุณสามารถใช้ล่ามได้ คุณสามารถให้อ่านเอกสารให้ฟังได้ สำหรับความช่วยเหลือ โทรหาเราตามหมายเลขที่ให้ไว้บนบัตรประจำตัวของคุณ หรือ โทรหาศูนย์ติดต่อเชิงพาณิชย์ของ 1-800-522-0088 (TTY: 711)

Vietnamese
Các Dịch Vụ Ngôn Ngữ Miễn Phí. Quý vị có thể có một phiên dịch viên. Quý vị có thể yêu cầu được đọc cho nghe tài liệu. Để nhận trợ giúp, hãy gọi cho chúng tôi theo số được liệt kê trên thẻ ID của quý vị hoặc gọi 1-800-522-0088 (TTY: 711).

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Contact Us

Our team of knowledgeable customer service representatives is here to help with questions you may have.



Health Benefit Navigators for UC Postdocs

HMO: 888-893-1572 (English & Spanish), TTY: 711

PPO CA: 800-676-6976

PPO Out-of-State: 800-861-7214

Monday through Friday, 8 a.m. to 8 p.m. (Pacific time)

healthnet.com/psbp

[1]Prenatal, postnatal and newborn care that are considered Preventive Care Services are covered in full.

[2]Contraceptives covered through the member's prescription medication coverage include oral contraceptives, diaphragms, cervical caps, contraceptive patches, condoms and the contraceptive ring. Intrauterine devices (IUDs) are covered under the member's medical benefit.

[3]Health Net will cover one retail grade breast pump (either a manual [E0602] or standard electric pump [E0603]) per pregnancy under preventive benefits without medical necessity or prior authorization requirements via a vendor of our choice.

[4]Cryopreservation and storage of sperm, oocytes, and embryos is covered for a period of at least five years from the time the genetic material is first cryopreserved.

[5]Coverage includes medically necessary health testing of the surrogate for each attempt to collect eggs or sperm, create embryos, and achieve pregnancy with that material.

[6]Infertility drugs are only provided in connection with covered services.

[7]If your newborn is sick and unable to return home with the mother, then your newborn's transfer to a PCP in another physician group will be delayed until the first day of the calendar month after discharge from the hospital.

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