

# Give your baby a healthy start



NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM

**SANFORD**  
HEALTH PLAN

# Congratulations!

This is such a special time for your growing family. NDPERS and Sanford Health Plan want to make sure you have the tools and support you need to give your baby the healthiest start possible.

The Healthy Pregnancy Program is a free offering brought to you by Sanford Health Plan. Simply sign up between your 8th and 34th week of pregnancy and you'll receive a number of benefits including:

- Deductible waiver\*
- Free prenatal vitamins
- Support from a care management nurse
- Educational information on pregnancy, childbirth and postpartum
- A baby gift from Sanford Health Plan

Up to  
**\$850**  
savings.

*\*Delivery deductible waiver available for women with Grandfathered/Non-Grandfathered PPO/Basic plan and who deliver with a participating provider.*



Call (888) 315-0885 or visit [sanfordhealthplan.com/ndpers](https://sanfordhealthplan.com/ndpers) to sign up for the Healthy Pregnancy Program today.



## Dakota Wellness Benefit

Through the Healthy Pregnancy Program, you'll be able to earn additional points toward your \$250 Dakota Wellness Program benefit. You can do it in four easy steps.

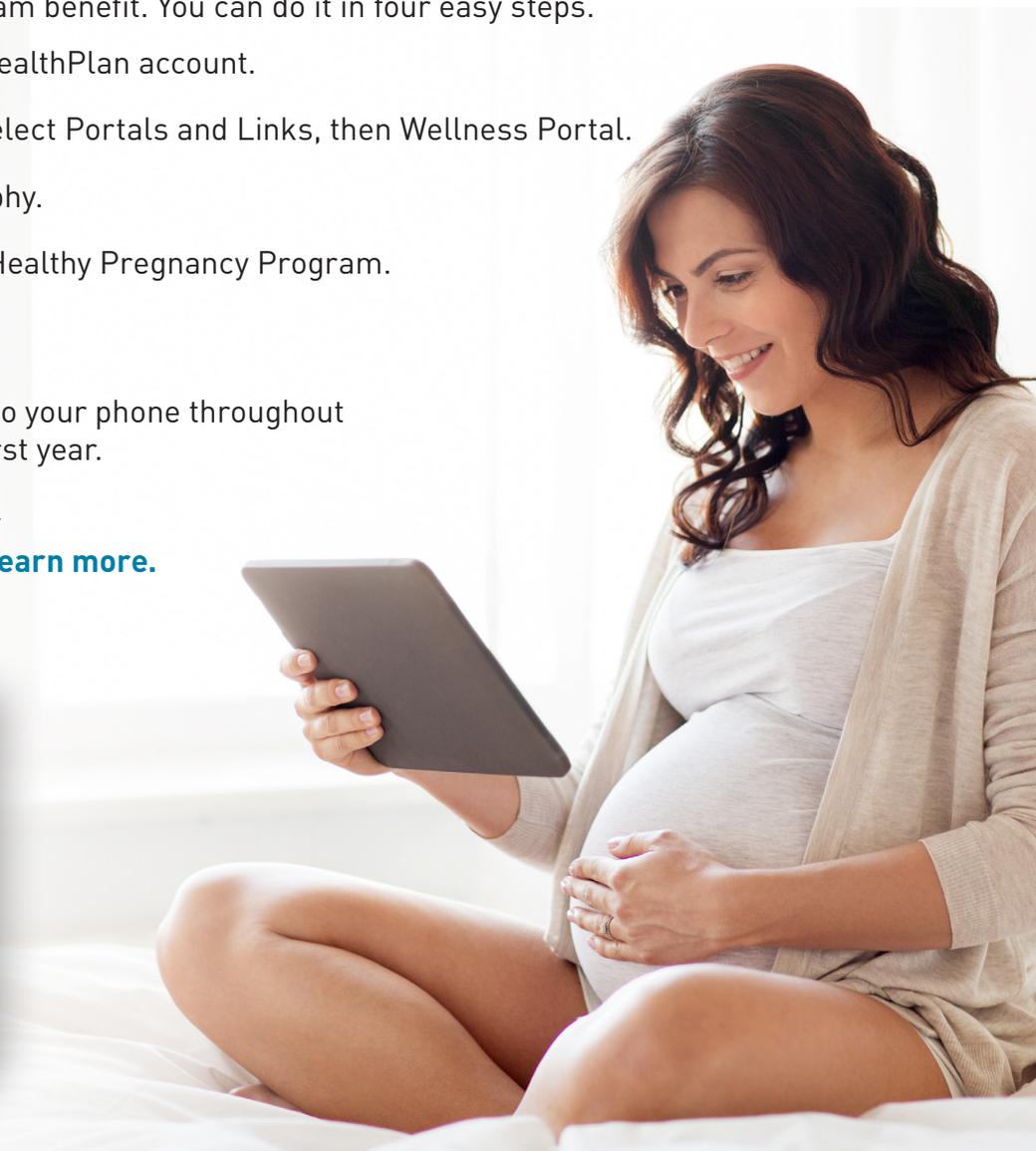
- 1 Log on to your *mySanfordHealthPlan* account.
- 2 Under the Insurance tab, select Portals and Links, then Wellness Portal.
- 3 Select the My Incentive trophy.
- 4 Confirm you belong to the Healthy Pregnancy Program.

## Text4baby

Receive free pregnancy tips right to your phone throughout your pregnancy and your baby's first year.



Text **BABY** to 511411 or visit [text4baby.org](http://text4baby.org) to learn more.



## Additional Resources

March of Dimes  
[marchofdimes.com](http://marchofdimes.com)

American College  
of Obstetricians  
[acog.com](http://acog.com)

Kids Health  
[kidshealth.org](http://kidshealth.org)

## Newborn Coverage

As your family grows, you'll need to expand your health care coverage as well.

If you have single coverage:

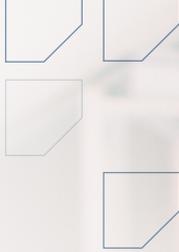
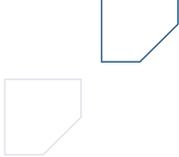
- You must apply for newborn coverage through NDPERS within 31 days of your baby's date of birth.

If you have family coverage\*:

- Notify Sanford Health Plan when your due date is known and again once your baby is born.
- Your baby will be automatically added to your coverage plan.

**Notify your employer or NDPERS at (701) 328-3900 to complete other applicable paperwork.**

*\*Newborn grandchildren are subject to eligibility rules found in the Certificate of Insurance.*



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