

Support and resources for women's and family health | View in [Web Browser](#)



WOMEN'S AND FAMILY HEALTH

No matter what stage of life your employees are in, we want to ensure they're well informed with pregnancy and women's health resources.

We're sending female employees and covered spouses between 20-44 the first email in our new women's and family health resource campaign this week. It details pregnancy benefits, women's health resources, and maternity coverage—including several important resources participants may not know about.



FIND AN OB-GYN

An obstetrician-gynecologist (OB-GYN) specializes in women's health care. That care includes pregnancy and childbirth, but also annual well-women exams, preventive health screenings, hormonal disorders, and more. When choosing an OB-GYN, participants need to consider their preferences. They can use [Provider Finder](#) to search for an in-network OB-GYN that fits with their needs and values.

[Find Care](#)



FERTILITY, PREGNANCY, AND PARENTING SUPPORT

Ovia Health™ apps help guide participants through every step of their parenting journey.

- **Ovia Fertility** – Health and fertility
- **Ovia Pregnancy** – Pregnancy and postpartum
- **Ovia Parenting** – Family and working parents

If a clinician determines that a pregnancy is high risk, participants can get additional support from a Blue Cross and Blue Shield of Texas (BCBSTX) maternity specialist.

TRs-ActiveCare plans also cover:

- **Electric breast pumps** limited to two per plan year at 100% (hospital-grade breast pumps are covered up to \$150)
- **Lactation counseling**, six visits per plan year covered at 100%
- **Family planning services**, including contraception options

[Discover More](#)



MATERNITY COVERAGE

Maternity care is covered under global billing, meaning participants aren't billed until after the baby is born. Depending on their specific TRs-ActiveCare health plan, copays and coinsurance may still apply to the first doctor's visit if they haven't met their deductible, or if they need a certain test or procedure outside of routine prenatal care.

If participants have questions, they can connect with a Personal Health Guide 24/7 at **1-866-355-5999** or chat through the BCBSTX App to:

- Find an OB-GYN
- Add their newborn to their health plan within the first 31 days after birth
- Compare costs before an appointment if additional procedures are needed
- Get help with behavioral health or postpartum depression concerns
- And more much

[Review Coverage](#)



www.bcbstx.com/trsactivecareba



Ovia Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide maternity and family benefits solutions for Blue Cross and Blue Shield of Texas

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