



MASSACHUSETTS

# Maternity Benefits

**GUIDING  
THE  
WAY TO  
BIRTH  
DAY**

# Happier Beginnings Start Here

Our tools and resources help you plan for every step of your pregnancy.



## Start the adventure by finding the right doctor

We can help you find a doctor or hospital that's right for your needs at [bluecrossma.com/findadoctor](https://bluecrossma.com/findadoctor).

## Talk with nurses along the journey

Our Maternity Nurse Care Line offers specialized support and education for pregnant women and new mothers, including those struggling with postpartum depression. Nurse Care Managers can be reached at **1-800-392-0098** Monday through Friday, 8:30 a.m. to 4:30 p.m. EST.

For after-hours assistance, you can always reach a nurse on the 24/7 Nurse Care Line, at **1-888-247-2583**.

## Chart your path with the Ovia™ Pregnancy app

We've partnered with Ovia Health™, an independently owned and operated company and developer of the Ovia Pregnancy app, to make sure it's easy for you to track your pregnancy's progression and feel confident along the way.

## TRACK YOUR 9-MONTH ADVENTURE WITH THE OVIA™ PREGNANCY APP

Download the Ovia app and you can:

- Get notifications on the app's timeline with relevant pregnancy information
- Track your symptoms, nutrition, weight, stress and activity levels, as well as doctor's appointments and health goals
- Browse a vast library of articles, videos and personalized tips to help you on your journey.
- Log your milestones and learn about baby's weekly development

## Know Your Benefits

In addition to prenatal, labor, and delivery coverage that may be included in your plan, you may also be eligible to receive cost-saving maternity benefits, including a no-cost breast pump and reimbursement for childbirth classes. Learn more at [bluecrossma.com/maternity](https://bluecrossma.com/maternity).



Get started at [bluecrossma.com/maternity](https://bluecrossma.com/maternity)



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The Ovia Pregnancy app is developed and managed by Ovia Health™,  
an independently owned and operated company.

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Services at the number on your ID Card (TTY: **711**).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: **711**).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: **711**).



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