



# Starting a family?



Know how your TRS-ActiveCare plan's family benefits work

Learn about the Beginning Right<sup>®</sup> Maternity Program

## GIVE YOUR NEW BABY A HEALTHY WELCOME TO THE WORLD

### Get your baby off to a healthy start

Your TRS-ActiveCare health plan can help. It's an important health and wellness resource for you and your family – right from the very beginning of life.

### Coverage for your newborn

The first weeks after a new baby arrives are a busy time. So it's good to know that your TRS-ActiveCare plan will automatically provide medical coverage for your newborn for the first 31 days following his/her date of birth. You must enroll your child within 31 days after his/her date of birth.

### Understanding your family benefits

If you were enrolled as an "employee only" or "individual" before the birth of your child, your coverage status will change once your child is enrolled. Your monthly contributions will change and you will have a higher deductible and out-of-pocket maximum.

To see your family benefits, go to [www.trsactivecareetna.com](http://www.trsactivecareetna.com) and click "2016-2017 Benefits Booklet" under "Coverage" on the home page.

**For ActiveCare 1-HD members:** In your plan, you must meet the entire family deductible (\$5,000) before the plan pays for any individual family member's medical expenses. Just one family member or a combination of family members can meet the deductible.

### Join the Beginning Right Maternity Program

For a healthy Mom, healthy baby – and a \$100 Babies "R" Us<sup>®</sup> gift card

Whether you're expecting or planning a family, it can help to get reliable information, answers and support. When you join the Beginning Right Maternity Program, you're off to a great start with free, confidential services that include:

- Access to expert advice from obstetrically-trained nurses
- A pregnancy risk survey, to identify health issues that may require special attention
- A pregnancy handbook from the Mayo Clinic
- The Smoke-Free Moms-to-Be<sup>®</sup> program, for help to quit tobacco
- Information for Dad or partner

Plus, if you complete the program (including one post-partum call from a program nurse) you'll receive a \$100 gift card from Babies "R" Us<sup>®</sup>.

To learn more and get started, call **1-800-CRADLE1 (1-800-272-3531)** or log in to your secure member website at [www.trsactivecareetna.com](http://www.trsactivecareetna.com) and look under "Health Programs" at the top of your home page.

