

PREGNANCY/MATERNITY BENEFITS AND RESOURCES

What is covered and when does coverage start?

After your pregnancy is confirmed, coverage begins with your *next* prenatal visit. Prenatal visits include weight, blood pressure, fetal heart tones, history, physical exam, and routine chemical urinalysis.

Your benefits include the following:*

- Monthly prenatal visits up to 28 weeks
- Biweekly prenatal visits from 29 to 36 weeks
- Weekly prenatal visits from 37 weeks until delivery
- Midwife services if you are seen in one of our participating clinics/hospitals
- History and physical when admitted for delivery
- Hospital stay and management of labor and delivery
- Postpartum care/visits

*Regularly scheduled prenatal visits typically do not require a copay or deductible. However, copays and deductibles may apply for certain services during prenatal visits (such as ultrasounds). Copays and deductibles may also apply for services needed due to complications during pregnancy or labor and delivery.

Is genetic testing covered?

Genetic testing during pregnancy needs prior authorization to be covered. Ask your provider to request prior authorization. If you have questions, please call Customer Success at **(800) 362-3310**.

What about childbirth and parenting classes?

Quartz does not reimburse for childbirth classes. However, if you are eligible for Quartz Well,* our personalized digital wellness program, you can earn wellness points for childbirth, parenting, and wellness classes. You can redeem these points for **Amazon gift cards**. [Get to know Quartz Well.](#)

*The Quartz Well reward program is not available to all members. Please check your member materials, log in to **MyChart** to view your benefits, or call Customer Success at **(800) 362-3310** to verify eligibility.

Will my hospital stay be covered when I deliver my baby?

Your hospital stay requires prior authorization to be covered. Work with your provider to ensure this is submitted. Cesarean births (C-sections) are covered the same as vaginal deliveries and are subject to the same prior authorization rules. If you or your provider have questions, call Customer Success at **(800) 362-3310**.

How can I get a breast pump?

Breast pumps are usually covered in full. Most times, you can get one before you deliver your baby. To learn more about your coverage, call Quartz Customer Success at (800) 362-3310.

You can get a pump by mail, or at a durable medical equipment (DME) supplier. Each supplier offers different pumps. If there is a pump you prefer, you may need to call several suppliers to locate one that carries it.

If you would like to know which DME suppliers are in your network, call Quartz Customer Success at (800) 362-3310. Ask for help finding a DME supplier in your area. You can also search for a supplier online at quartzbenefits.com/find-a-doctor.

1. If you would like to have a pump mailed to you:

- a. Talk to your obstetrics nurse or doctor. Ask them to send a breast pump order to UW Health Care Direct at fax: (608) 203-2250.
- b. You will then get a follow-up call from UW Health Care Direct to discuss next steps.
- c. If a few days pass and you haven't received a call, you can reach them at (608) 831-8555.
- d. You will receive the breast pump within about a week after the order is received.

2. If you would like to pick up a breast pump at a DME supplier:

- a. Decide which DME supplier in your network you would like to use.
- b. Then, talk to your obstetrics nurse or doctor. Ask them to send a breast pump order to the supplier. You will likely get a call from your DME supplier to talk about steps. Or, you can call them.

What if I need lactation support?

Questions about nursing/breastfeeding? Your first step is to contact your PCP or the hospital where you had your baby. Most hospitals have breastfeeding helplines available for you to call 24/7. Your plan may include coverage for certain lactation services. Check your Schedule of Benefits for details.

How do I add my baby to my coverage?

You'll want to add your baby as soon as possible. If your coverage is through an employer, work with your Human Resources department. Many employers have portals to add dependents easily. If you have coverage directly through Quartz, call us at **(800) 362-3310**.

How do I find an in-network pediatrician?

Use our **Find a Doctor** tool to search for doctors and locations.

Where can I learn more about my benefits?

Log into MyChart at QuartzMyChart.com. View your Schedule of Benefits and the Delivery and Newborn Charges section. Want a more precise estimate of deductibles, coinsurance, or copays? Click on Billing, then Estimates, and then Create New Estimate.