



# MATERNITY BENEFITS

KEEPING YOU AND YOUR NEW BABY HEALTHY

## SCHEME BENEFITS

### COMPREHENSIVE

- 10 x ante-natal consultations with medical specialist, GP or midwife per event
- 6 x ante-natal and post-natal classes with a registered nurse or physiotherapist
- 4 x 2D pregnancy scans per event (3D and 4D if medically indicated)
- 9 months' ante-natal vitamins up to R150 per month

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### VALUE

- 6 x ante-natal consultations with a medical specialist, GP or midwife per event
- 2 x 2D pregnancy scans per event



Qualifying members also receive a baby bag packed with essentials for your new baby.

### ALL PLANS

- Unlimited cover for in-hospital deliveries.
- Child immunisations including Chicken Pox, Hepatitis A, Pertussis, Meningitis and MMR vaccines.
- Once-off thyroid function screening test for newborns of less than 1 month.
- Infant (up to 8 weeks) hearing screening by an audiologist.



BABYLINE:  
**0860 666 112**

All members have access to BabyLine on 0860 666 112. This dedicated paediatric helpline offers clinical childcare assessments and telephonic guidance from registered nurses 24/7, 365 days a year for members with children under the age of 3.

## WHEN MUST I REGISTER MY BABY WITH THE SCHEME?

Please register your baby within 30 days of birth to ensure that claims related to your baby will be paid. Complete the relevant Scheme forms and submit them to your HR Department.



## UNDERSTANDING PREGNANCY-RELATED COMPLICATIONS

Mothers with chronic conditions, such as heart disease, obesity or high blood pressure are at greater risk of having pregnancy-related complications. Speak to your GP about possible pregnancy-related complications and what symptoms to look out for.



### Always call your GP if you have:

- Chest pain
- Trouble breathing or shortness of breath
- Extreme tiredness that doesn't get better with rest
- Seizures
- Extreme bleeding or large blood clots
- A temperature of 38 degrees or more
- A headache that doesn't get better even after taking medicine, or a bad headache with vision changes
- More than one blood pressure reading of 150/100 or greater
- A leg that has changed colour or swells and is painful or warm to the touch
- A Caesar incision that isn't healing well

## WHAT ARE THE BABY BLUES?

Postpartum depression (PPD) or the baby blues affects many new mothers. Symptoms include:

- Struggling to sleep/insomnia
- Loss of appetite
- Intense irritability
- Difficulty bonding with your baby

If you think you may have PPD, speak to your GP about getting help and treatment.



**NEED HELP?** Contact your Scheme for any benefit-related queries you may have.

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