

# Fletcher Allen Preferred Medical Plan *Maternity Wellness Program*

Please take advantage of this voluntary  
free program and contact VMC.



*Please note, the services and goods offered through VMC for The Maternity Wellness Program are a benefit enhancement and the services and products may vary at the time of service from what is listed in this brochure.*



**If you are an expectant parent or planning the adoption of a child and a member of the Fletcher Allen Preferred Health Plan – please look at the enhanced benefit options listed below!**

The Fletcher Allen Preferred (“FAP”) Maternity Wellness Program offers you a choice of any three of the following options:

- Partial reimbursement for the purchase of a breast pump
- Two skilled nursing visits or two lactation consultation visits in your home following your baby’s birth
- Partial reimbursement toward the cost of pre-natal and post-natal yoga classes
- An American Red Cross Infant/Child CPR Class & First Aid Course
- Partial reimbursement toward an approved childbirth education course

Reference books (examples to choose from)

- *I’m Pregnant*
- *What to Expect, The First Year*
- *What to Expect, The Toddler Years*
- *From One Child to Two*
- *Raising Adopted Children*
- *Pregnancy, Childbirth and the Newborn*
- *The Complete Book of Breastfeeding*
- *Touch Points: Birth to 3*

**To receive the enhanced benefits you must enroll in the program. Sign up early to maximize your benefits!**

**To participate in the program please call Vermont Managed Care (VMC) at**

**> (802) 847-4862 or**

**> toll free (866) 582-6836.**

You’ll be asked to complete a health risk questionnaire and if your medical needs indicate that you may benefit from case management, a VMC Nurse Case Manager will be available to assist you during your pregnancy and post-partum care. Your information will be held in strict confidence and your participation is voluntary.