

**THE SCHOOL DISTRICT OF OSCEOLA COUNTY, FL  
HEALTHY PREGNANCIES, HEALTHY BABIES PROGRAM**

**Frequently Asked Questions**

**What is the Healthy Pregnancies, Healthy Babies Program?** It is a program designed for women who are currently pregnant and want to learn more about achieving a healthy pregnancy and delivering a healthy baby. This program will help you learn ways to increase your chances of a healthy pregnancy.

**Why join the Healthy Pregnancies, Healthy Babies Program?** The reasons are endless, but most importantly to decrease the risk of birth defects, offer you guidance prioritizing healthy pregnancy actions, provide you with critical answers for both planned and unplanned pregnancies and increase your chances for a healthy labor, delivery and birth.

**Who is eligible to participate in the Healthy Pregnancies, Healthy Babies Program?** School district employees and their spouses who are currently pregnant and want to learn more about achieving a healthy pregnancy.

**When can I join the program and how much does it cost to join?** You can enroll in the program at any time throughout your pregnancy. Please note cash incentives will vary depending on how far along in the pregnancy you are when you join the program. Our program is free of charge to all our school district employees and their spouses.

**What do I receive with the program?** Once you enroll in the program, you will receive a welcome letter, educational materials, and a welcome gift.

**Will my prenatal vitamins be covered with this program?** Yes, your prenatal vitamins will be covered through the District's Health Services Plan but will be subject to the applicable copayment. If you are not covered by the Osceola County School District benefit medical plan, you will need to contact your group health coverage provider for benefit information.

**What are the cash incentives I can qualify to receive upon completion of the program?** Below is the cash incentive you can qualify to receive based on the number of pregnancy weeks you are when you join the program. Limited to 1 Gift Card per child, per family.:

- ❖ Enrollment into the program before the 12<sup>th</sup> week of pregnancy: \$100 Gift Card
- ❖ Enrollment into the program between the 12<sup>th</sup> and 23<sup>rd</sup> week: \$50 Gift Card
- ❖ Enrollment into the program after the 23<sup>rd</sup> week: \$50 Gift Card

**What do I have to do to earn the monetary incentive?**

1. Complete the To-Do-List throughout your pregnancy and submit a copy of it around the last week of your pregnancy or after delivery. A copy of the To-Do-List is attached to this packet.
2. Complete a Lamaze Class OR any other reputable Childbirth class at the provider of your choice and submit a copy of certificate of completion.

**How do I request a Breast Pump through the School District Medical Benefit Plan?**

First, you must request a prescription from your doctor. Make sure you have it with you before you call to request your breast pump. Next, call MAP at 844-297-0747 for the recommended Tier 1 breast pump provider.

**How do I get answers to other questions and concerns I may have?**

Please contact *Live Life Well* Employee Wellness via email at [Wellness@osceolaschools.net](mailto:Wellness@osceolaschools.net) or by phone at 407-870-4840.