

Frequently Asked Questions

What is the Healthy Pregnancy 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 Pregnancy 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 Pregnancy 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, a Healthy Pregnancy Healthy Babies Educational Booklet, and a welcome gift.

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:

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| ❖ Enrollment into the program before the 12 th week of pregnancy: | \$100 |
| Gift Card | |
| ❖ Enrollment into the program between the 12 th and 23 rd week: | \$50 |
| Gift Card | |
| ❖ Enrollment into the program after the 23 rd 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 emailed upon receipt of enrollment form and informed consent form.

2. Complete the Orlando Health virtual classes and submit copy of certificate of completion. These classes will be provided to you once you submit your program enrollment.

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

Please contact Employee Wellness at 407-870-4840 or you can email your questions at Wellness@osceolaschools.net.