



Dear Member,

Helping you and your baby stay healthy in a challenging time

Pregnancy is a time of great change, and you deserve plenty of support. Some changes we anticipate, while others take us by surprise like the respiratory coronavirus disease called COVID-19. You probably have concerns about everything from the impact of a potential infection on you and your baby's health to ways to reduce your risk of exposure.

We are here for you during this stressful time. While the COVID-19 pandemic is not what you planned, we have taken some steps to help support you.

Steps to reduce your risk of exposure

Important steps in controlling the spread of COVID-19 infection include washing your hands and social distancing to avoid people who are sick or potentially exposed to the virus.

Some obstetrical care providers are creating plans to provide some prenatal care visits at home using telephone or live videoconferencing. Completing some of your prenatal visits at home may decrease your risk of exposure to the virus while maintaining appropriate and timely prenatal care. This approach is not right for everyone, but it may be right for you. Talk with your provider about it.

Steps to support you and your obstetrical care provider

As part of our commitment to support you during this challenging time, we are taking the following steps to make prenatal care visits from home easier for you and your obstetrical care provider.

- Telemedicine visits are covered at the same level as office visits with in-network providers.
- We are providing you with the enclosed **blood pressure monitor** that you can use to support home prenatal and post-partum visits, if your obstetrical care provider thinks this is right for you.

We encourage you to share this letter and your blood pressure monitor with your provider at your next visit and discuss if this is a good option for you. Ask your provider to confirm that you are taking your blood pressure correctly.

Special concern for pregnant women

According to the Centers for Disease Control and Prevention (CDC), it is not currently known if pregnant women have a greater chance of getting sick from COVID-19 than the general public or if their infections result in more serious illness. We do know that pregnant women experience changes in their bodies that may increase their risk of developing severe illness from other respiratory infections, like the flu. It is always important for pregnant women to protect themselves from infection.

If you have not yet had a flu shot, talk to your provider about scheduling one today.

You can find more helpful information about COVID-19 and pregnancy at **CDC.gov/coronavirus**.

Give your baby a healthy start

The Aetna Maternity Program is here to help you have a successful pregnancy.* You can count on us for support and resources to help you prepare for the exciting changes during your pregnancy.

If you need support or have pregnancy-related questions, **call us at 1-800-272-3531**, weekdays from 8 a.m. to 7 p.m. ET.

*This communication is based on our most recent claims data. If you're no longer pregnant, please accept our apologies for sending this notification. While only your doctor can diagnose, prescribe or give medical advice, the Aetna Maternity Program nurses can provide information on a variety of health topics.

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