



# Healthy U, healthy baby

## Maternity resources

*Congratulations on your new addition! This tool is designed to provide new and expecting parents with information that will help guide them through their pregnancy and delivery journey. The UC resources provide guidance on leaving and returning to work as well as how to ensure coverage for the baby. Additional links provide information that is specific to each health plan, where you as a member can access various resources for wellness, self-care and other maternity-related information.*

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| <p><b>UC resources:</b></p> <p>Adding a new member to your family? Congratulations! This is a wonderful time, but it can be nerve-racking, too. The links below will help you prepare for when you need to leave work for pregnancy, childbirth or adoption. Getting familiar with the leave process and how your benefits work can bring peace of mind as you prepare for this life-changing event.</p> <ul style="list-style-type: none"> <li>• <a href="#">UC Net - What to do if you are having a baby</a></li> <li>• <a href="#">UC Net - Pregnancy, Newborn Child &amp; Adopted Child Resource Guide (PDF)</a></li> <li>• <a href="#">UC Net - Family Care Resources</a></li> </ul> | <p><b>UC Care (Anthem) member resources:</b></p> <p>Congratulations on your pregnancy! Anthem is committed to keeping both mom and baby healthy. The choices you make while pregnant can help give your baby a healthy start. Future Moms is a program that can answer your questions, help you make good choices and follow your physician's plan of care.</p> <ul style="list-style-type: none"> <li>• <a href="#">Anthem healthy pregnancy</a></li> <li>• <a href="#">Anthem Future Moms Program</a></li> <li>• <a href="#">Healthy pregnancy resources</a></li> <li>• <a href="#">Healthy pregnancy quiz</a></li> </ul> <p>Future Moms – <i>Flier</i> in <a href="#">English</a> or <a href="#">Spanish</a><br/>           Future Moms – <i>Video</i> in <a href="#">English</a> or <a href="#">Spanish</a><br/>           Future Fathers – <i>Flier</i> in <a href="#">English</a> or <a href="#">Spanish</a></p> |
| <p><b>Health Net member resources:</b></p> <p>Health Net's Healthy Pregnancy Program provides a range of resources to members during pregnancy, including prenatal education via phone, printed materials, case management for women with high-risk pregnancies and more. To learn more, visit:</p> <ul style="list-style-type: none"> <li>• <a href="#">Health Net Healthy Pregnancy Program</a></li> <li>• <a href="#">Guide to Family Planning &amp; Pregnancy (PDF)</a></li> </ul>  | <p><b>Kaiser member resources:</b></p> <p>Having a baby is unlike any other experience. Whether you're a first-time parent or growing your family, pregnancy is an exciting time. No matter where you are on the journey — trying to conceive, baby on the way, or holding your newborn in your arms, Kaiser will walk you through every step of your pregnancy. Learn about Kaiser's <a href="#">prenatal care commitment</a> to you.</p> <ul style="list-style-type: none"> <li>• <a href="#">Kaiser Permanente Healthy Pregnancy</a></li> </ul>   |
| <p><b>Childcare resources</b></p> <p>Most UC faculty and staff have free access to <a href="#">Bright Horizons Care Advantage</a> and its Sittercity database of childcare resources. UC gives you free access so you can find a caregiver and make arrangements for care and payment. Whether you need full-time care or back-up care in an emergency, you may be able to find the person you need using Sittercity.</p> <p>Additional Childcare:</p> <ul style="list-style-type: none"> <li>• <a href="#">UCLA Early Care &amp; Education</a></li> </ul>  | <p><b>Lactation support</b></p> <p>UC promotes a family-friendly work environment and that includes support for nursing moms. Private spaces and break times are available. See below for locations</p> <ul style="list-style-type: none"> <li>• <a href="#">UCLA Lactation Accommodation Policy</a></li> <li>• <a href="#">Lactation Accommodations by location</a></li> <li>• <a href="#">Map of Westwood Lactation Accommodations</a><br/>The password for the room at RRMC is 7706#.</li> </ul> <p>Questions? Contact <a href="mailto:breastfeedingsupport@ucla.edu">breastfeedingsupport@ucla.edu</a></p>   |



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## Maternity resources (cont.)



### Physical wellness

[FIT4MOM](#) offers pre- and post-natal fitness classes for every stage of motherhood in Northeast Los Angeles and the San Fernando Valley, with locations in Sherman Oaks, Burbank, Glendale, Silver Lake and Highland Park. All UCLA Health employees receive 10 percent off any program, single class or membership (membership fee not included).

- **Fit4Baby:** prenatal classes
- **Stroller Strides, Stroller Barre & Run Club:** classes for mom and your stroller-aged baby
- **Body Back & Run Club:** classes for moms who have moved beyond the stroller

Questions? Contact [KatGuessard@FIT4MOM.com](mailto:KatGuessard@FIT4MOM.com)



### More healthy mom and baby resources

- [The Newborn Channel](#) (Password: 04001)
- [UCLA Birthplace Class Schedule](#)
- [UCLA Birthplace Pregnancy Milestones](#)
- [UCLA Mother & Infant Support Groups](#)
- [UCLA Staff & Faculty Counseling Center](#)
- [CDC resources for after baby arrives](#)