



Becoming a **father**

Becoming a new father is an exciting time, but may also raise questions, especially if you're a "first-timer." We'll give you answers that can help prepare you for your responsibilities ahead, support your partner and be the best Dad for your newborn.

Tell you what to expect

- Inform about pregnancy symptoms. And, explain delivery, postpartum depression, newborn needs, etc.
- Explain prenatal tests and pregnancy exams. Includes ultrasounds and amniocentesis.

Provide ways to support your partner

- Find the right doctor. And, locate a childbirth class or other resources.
- Locate caregivers. Find in-home maternity, postpartum and pediatric nurses, if needed.
- Inform about sharing basic care. This includes bathing, feeding, comforting baby during the night, etc.

Work on insurance and billing issues

- Explain maternity coverage. Advise about adding your baby to your health plan.
- Clarify coverage for newborn doctor visits. Includes coverage for special needs.
- Research denied claims. We investigate the denial, identify mistakes and submit the claim for reprocessing, if necessary.

Inform you about child safety

- Offer childproofing tips. Includes crib specifications, covering electrical outlets, etc.
- Locate an infant CPR training program. Learn how to recognize and act in emergency situations.
- Explain car seat regulations. Includes requirements and specifications.

Turn to us—we can help.



Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/

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