

# CTA Health Information and Well-Baby Program

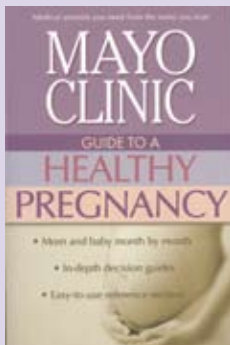
## CTA Well-Baby Program

Pregnancy is a time of great excitement and change. Whether you are expecting your first baby or are an experienced mother, each pregnancy is unique. That's why the CTA Economic Benefits Trust is pleased to offer this well-baby program at no additional cost to CTA members participating in the CTA-endorsed voluntary life or disability plan.

The program provides scheduled calls with a registered nurse who provides education and support throughout your pregnancy and three months postpartum. Therefore, in order to maximize your benefits under the program, we encourage you to enroll within your first trimester.\* To remain eligible for this program, you must maintain your CTA membership and insured status in the CTA-endorsed voluntary life or disability plan.

The CTA well-baby program offers the following resources to help guide you through your pregnancy:

- [Mayo Clinic Guide to a Healthy Pregnancy](#), a comprehensive and practical 600-page reference book that will inform, reassure and educate you on how to have a healthy pregnancy
- [A Growth Chart and Pregnancy Calculator](#) to help get your pregnancy off to a healthy start
- [A Hospital to Home VHS or DVD](#) to help moms-to-be take care of themselves and their baby after delivery
- [Mayo Clinic Pregnancy Advisor nurse](#), a telephone-based program where registered nurses provide education and support throughout your pregnancy and three months postpartum



- [Ask Mayo Clinic 24-hour toll-free nurse line](#), registered nurses answer your health-related questions during your pregnancy

\* Enrollment is acceptable through the 20<sup>th</sup> week of pregnancy (one-time late enrollment for new members who enroll within the first 120 days of employment).



## Your Own Mayo Clinic Pregnancy Advisor Nurse

Once your participation is confirmed, you will be partnered with a Mayo Clinic Pregnancy Advisor nurse who will assist you throughout your pregnancy and up to three months postpartum.

As a mom-to-be, you have probably received lots of advice. It can be confusing – where do you turn for answers? Your Pregnancy Advisor nurse draws on the resources of Mayo Clinic to bring you current, reliable medical information.

Understanding how your body is changing and what your baby needs can help you make good decisions

## Postpartum Period

Did you know that 1-in-10 women experience postpartum depression? After the birth of your baby, you may experience several different emotions, ranging from excitement to mild sadness or “the baby blues.” However, about 10 percent of new moms experience a more severe form of depression called postpartum depression. The CTA well-baby program will help assess your emotional changes and offer helpful resources in your time of need.

After your baby is born, your Mayo Clinic Pregnancy Advisor nurse will call you to help answer any questions or concerns you may have about your recovery or the care of your baby.

You may also call your Pregnancy Advisor nurse or [Ask Mayo Clinic 24-hour nurse line](#) for up to three months after your baby is born.

As you work to give your baby a healthy beginning in life, the CTA well-baby program allows you to get the personal attention you need from your Mayo Clinic Pregnancy Advisor nurse.



during your pregnancy. Your Pregnancy Advisor nurse will call you throughout your pregnancy and provide educational materials that have been approved by the experts at Mayo Clinic. With solid information and the professional care of your own provider, you can decide what is best for you and your baby.

Your Mayo Clinic Pregnancy Advisor nurse is available for any of your health concerns during these set business hours:

- 8 a.m. to 8 p.m. PST (Monday-Thursday)
- 8 a.m. to 6 p.m. PST (Friday)
- 8 a.m. to 1 p.m. PST (Saturday)

When your Mayo Clinic Pregnancy Advisor nurse is unavailable, call [Ask Mayo Clinic 24-hour toll-free nurse line \(800-906-1064\)](#) for help with your health concerns during your pregnancy.

## Visit [www.MayoClinic.com](http://www.MayoClinic.com)

Here you will find a website full of valuable health information right at your fingertips. Check out the Pregnancy Center where you can find timely topics such as planning for pregnancy, and information on labor and delivery. The Baby's Health Center will also provide the basics on newborn care: feeding your baby and infant safety.

Additionally, the Mayo Clinic website includes topics on all of your everyday health concerns. You can stay informed with the most dependable information on diseases and conditions as well as research topics of special interest to you. You can use interactive Health Tool Calculators to help determine your risk for heart disease or participate in an interactive self-assessment, such as workplace stress. After your assessment, get a personalized action plan designed to help change the way you handle stress.

## CTA Health Information Program

In today's world, it is essential to take a proactive role when researching one's health care options. And as educators, we understand the challenges of making educated health care decisions when time and resources are limited. Therefore, the CTA Economic Benefits Trust is proud to offer this health information program provided by Mayo Clinic. The full cost of this program is paid by the CTA Economic Benefits Trust.

Mayo Clinic is a not-for-profit group practice of medicine with a reputation for excellence that has been earned through more than 100 years of serving millions of patients throughout the world.

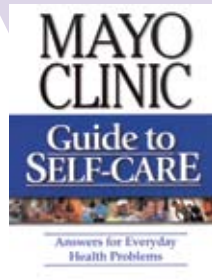
As a CTA member and participant in the CTA-endorsed voluntary life or disability plan, you are eligible to receive at no additional cost:

### The Mayo Clinic Guide to Self-Care

This guide will be mailed to your home following your insurance coverage effective date.

This 300-page self-care guide covers more than 150 common health conditions. This book is specifically designed to help prevent illness, and identify health problems before they become serious.

The self-care guide offers practical advice on establishing and maintaining a healthy lifestyle. You will find tips on nutrition, weight control, exercise and stress management. You can learn proper lifting techniques to avoid back injuries, how to lower your cholesterol, plus prevent carpal tunnel syndrome. Additionally, this guide will educate you on how to react confidently in emergencies by knowing the five signs of stroke, how to perform the life-saving Heimlich maneuver, and how to perform CPR for infants, children and adults.



## Easy Enrollment

To enroll in the CTA well-baby program, contact the Mayo Clinic Pregnancy Advisor nurse line: 800-906-1064 and follow the prompts. The CTA Economic Benefits Trust will only be notified of your enrollment. All information you share with your Pregnancy Advisor nurse will be kept confidential.

For more information, please contact the CTA Risk Management and Member Benefits Department: 650-552-5200 or [member\\_benefits@cta.org](mailto:member_benefits@cta.org).

For more information on the voluntary life and disability plans, please contact UnumProvident: 800-282-4049 or [www.unum.com/enroll/cta](http://www.unum.com/enroll/cta).

## Note From The Trustees

*As trustees for the CTA Economic Benefits Trust, we would like to take this opportunity to let all of the participants in the CTA voluntary life and disability plans know how deeply we appreciate your loyalty to CTA. To show our continuing support for our members' well-being, the Trust has developed this health information and well-baby program that provides you with the most current and trusted healthcare information.*

*We hope you will find this program as valuable as we do. Our ongoing commitment is to provide our participants with exceptional services.*



This is a brief description of the Program. The terms of the Program are subject to the Plan Document and Summary Plan Description.

This brochure is effective June 1, 2006. The benefits described herein may be modified or terminated by CTA at any time.

This program is not a substitute for the care and advice provided by your personal physician.

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# Health Information and Well-Baby Program



"As a first-time mom, I had so many questions about my pregnancy and baby. The Mayo Clinic Pregnancy Advisor nurses were wonderful and helped me tremendously throughout my pregnancy and after the birth of our little girl. The book and video were also great resources."

Michele Foerch –  
Azusa Educators Association

