

# Becoming a Father?

## Be prepared



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.

### Lean on us. We'll...

#### 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.

#### 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.

#### 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.

**Remember...** your Personal Health Advocate can answer any of your pregnancy questions as well as assist you with a variety of healthcare and insurance-related issues. Eligible employees, their spouse, dependent children, parents and parents-in-law can all use the benefit. Just call or email [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com).

**HealthAdvocate™**  
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