

## BJC benefits to support you with your pregnancy, childbirth, and adoption

BJC employees planning for the birth of a child or the care of a newly placed child through adoption or foster care can take advantage of numerous benefits made available through BJC Total Rewards. Following are some of the benefits that will help you to thrive during your journey.

### Maternity benefits

<b>BJC hospitals and facilities</b>	Expectant mothers enrolled in the Signature and Flex medical options will pay less for certain services such as lab work, x-rays and surgery when they receive these services at BJC facilities.
<b>Breastfeeding counseling</b>	Counseling to support breastfeeding and nursing mothers is a preventive care service and is covered at 100% (no out-of-pocket costs) for medical plan participants who receive counseling services from in-network providers.
<b>Breastfeeding equipment and supplies</b>	Breastfeeding equipment and supplies are covered at 100% (with a prescription) and must be ordered through a BJC pharmacy or Cigna Evicore. For more information, log in to <a href="https://mycigna.com">mycigna.com</a> and chat or call Cigna at 800-244-6224.
<b>Cigna Healthy Babies</b>	BJC Medical Plan participants have access to Cigna Healthy Babies. To support you during your pregnancy you'll get information to help you learn about pregnancy and babies, 24/7 telephone support for help with questions on everything from morning sickness to maternity benefits, and support from a maternity specialist if you're hospitalized during your pregnancy or your baby is in the NICU. Call Cigna at 800-244-6224.
<b>Cigna online materials</b>	BJC Medical Plan participants can find a wealth of information on <a href="https://myCigna.com">myCigna.com</a> from trusted sources such as WebMD, Healthwise, and March of Dimes. You'll learn how to make a plan for a healthy pregnancy, monitor your pregnancy, prepare for labor and delivery, and care for your baby.
<b>Cigna Healthy Pregnancy app</b>	There's a lot to keep track of when you're pregnant. BJC Medical Plan participants can use the Cigna Healthy Pregnancy app to track important dates, learn about your baby's development and stay on top of your health during every stage of your pregnancy. It also provides support for baby's first two years. Download the app and enter your due date, <a href="https://myCigna.com">myCigna.com</a> user ID and password.
<b>Extra dental cleanings</b>	Because pregnancy brings hormonal changes that increase the risk of gum disease, which in turn can affect the health of a developing baby, BJC Dental Plan participants who are pregnant are entitled to two additional dental cleanings per plan year (four total), with no out-of-pocket expense if they have not met their annual benefit maximum and when performed by a Delta Dental network provider. To be eligible for the additional cleanings, you must contact Delta Dental at 800-335-8266.
<b>Nursing mother</b>	Mothers who want to express breast milk during work hours are entitled to certain location, accommodation, and storage privileges, detailed in HR Policy 8.01 Lactation Accommodations on the <a href="#">HR Hub</a> . Also check out the list of <a href="#">BJC and Washington University lactation rooms</a> . The Medical Campus (BJH/SLCH) lactation rooms are listed at the top of the webpage. Lactation rooms on other BJC campuses are listed toward the bottom.
<b>Nutrition counseling</b>	BJC Medical Plan participants can receive coverage for nutrition counseling services. Some services feature one-on-one counseling and personalized eating plans for pregnancy and post-baby weight management. For more information, log in to <a href="https://mycigna.com">mycigna.com</a> or call Cigna at 800-244-6224. See Missouri Baptist Medical Center's <a href="#">Pregnancy Guide</a> . Topics include prenatal nutrition, exercise during pregnancy, and much more.
<b>Preventive care medical screenings</b>	Screenings for anemia, gestational diabetes, iron deficiency, hepatitis B and Rh incompatibility are covered at 100% (no out-of-pocket costs) for pregnant women who are BJC Medical Plan participants and receive the screenings from in-network providers. Newborn screenings and immunizations are also covered at 100% when performed by in-network providers. For more information, log in to <a href="https://mycigna.com">mycigna.com</a> or call Cigna at 800-244-6224.
<b>Preventive care prescription drugs</b>	Certain preventive prescription drugs are covered by the BJC Medical Plan's pharmacy program, including aspirin, and folic acid.

## Parental Benefits

<b>Adoption Assistance</b>	BJC offers financial assistance for the adoption of a child under age 18 to part-time and full-time employees who have completed at least one year of service. Locate details in HR Policy 4.10 Adoption Benefit on the <a href="#">HR Hub</a> .		
<b>Change benefit elections</b>	The birth of a child, adoption or placement for adoption are all qualified events, entitling employees to add or remove dependents from coverage (e.g., medical, dental, vision and more) within 31 days of the life event. Employees can also enroll in (or change) a health care or dependent day care flexible spending account (FSA). To enroll in benefits due to your life event, log in to <a href="#">myBJCnet</a> .		
<b>Discounts</b>	Through <a href="#">YouDecide</a> , you can take advantage of a variety of discounted products and services. For example: <u>Clothing:</u> Dungarees, Klogs Footwear, Scrubs & Beyond, Uniform Advantage and Walking Cradles <u>Home:</u> 1THRIVE Organization, ADT, Aslan Mattress, FUJIFILM, Upright Ergo <u>Kids &amp; Family:</u> child care, au pairs, nannies and tutors <u>Food &amp; Grocery:</u> The Dinner Daily, Giant, Green Bean, Green Chef, Oberweis <u>Health &amp; Fitness:</u> Club Fitness, The Exercise Coach, FitBit, Garmin, Gateway Region YMCA, Jewish Community Center, Noom, TalkSpace, Virtual Fitness, Weight Watchers (discounted and subsidized)		
<b>Emotional well-being apps</b>	Preparing for and caring for a newborn can be stressful. BJC Medical Plan participants can connect with counselors at Ginger, Talkspace, Sondermind and more (copayment required). Go to <a href="#">mycigna.com</a> > Talk to a doctor > Counseling.		
<b>Join BJC Working Parents on Viva Engage</b>	Follow the <a href="#">BJC Working Parents Viva Engage group</a> , a community of parents and caregivers to help you feel supported. Join them as they share resources and laughter geared towards parents.		
<b>Talk to a doctor/nurse 24/7/365</b>	<b>Cigna virtual services through MDLIVE</b> allow you to connect to board-certified <b>doctors and dermatologists</b> to treat minor medical conditions (e.g., cold or flu, rash, sore throat, mild fever, earaches, allergies, nausea, pink eye, diarrhea, constipation, asthma and bronchitis) or to a <b>licensed therapist or psychiatrist</b> trained to treat many non-emergency conditions (e.g., anxiety, depression, post-partum depression, stress). <u>Medical plan members pay:</u> Signature - No copayment Flex - No copayment HDHP – 20% after deductible	Log in to <a href="#">mycigna.com</a> > Talk to a Doctor. Choose from Medical or Counseling > MDLIVE.	888-726-3171 (MDLIVE)
	<b>Ask a Cigna Nurse 24/7/365.</b> No copayment	Call a Cigna nurse with any health question or log in to <a href="#">mycigna.com</a> and chat	800-244-6224