

Get the best care for you and your baby with Included Health.

Enroll in Included Health's Maternity Care Program for access to a team of healthcare professionals, including doctors, nurses, registered dietitians, Care Advocates, doulas, and more. This program is available to CalPERS members enrolled in the Basic PERS Gold or PERS Platinum plan. In addition, PERS Gold members who enroll by the end of the 2nd trimester (24th week) can save on their in-network hospital coinsurance.

How your Included Health Care Team can help:

- ✓ Provide education, support, and guidance throughout your pregnancy and afterwards.
- ✓ Make sure that your prenatal care is on track and that you fully understand each step of your pregnancy journey.
- ✓ Work with your local pregnancy provider to find local maternity classes, connect you with lactation support, and more.

Included Health can help new and expecting parents in a number of other ways.



Explore maternity benefits

Whether you need help making sense of maternity benefits, preparing for maternity leave, or more, our experts are on call to walk you through next steps.



Find high-quality doctors

Use the Included Health app to search for local and in-network providers, including OB/GYNs, pediatricians, doulas, and specialists. Or, have a Care Advocate match you with a provider who best meets your needs.



Get 24/7 medical advice

Speak with a nurse for treatment advice, help deciding next steps, or even find a doctor if needed. Don't wait to get answers to healthcare questions during pregnancy and after birth.



Get doula support

Get help finding a doula who can provide the support you need during and after pregnancy. Doulas are non-medical providers who provide health education, physical and emotional non-medical support, and advocacy during and after pregnancy. Doulas can also provide support for miscarriages, stillbirths and abortions. Call to find out more.



Get help navigating your care:

Receive estimated costs for care, including for doctor visits, tests, imaging, and hospital stays. Use Labcorp or Quest Diagnostics to lower your out-of-pocket costs on lab tests. Plus, chat with a Care Advocate to find out what's covered by your health plan. Our team of experts can help answer any health benefit questions you might have. Call to learn more.



Call 855-633-4436 or message us in the chat to learn more about the Maternity Care Program.