



## VOLUNTARY HOSPITALS HOUSE STAFF BENEFITS PLAN



***Expecting?*** Empire BCBS provides a program built to help!

**Get Extra Support and Earn up to \$500 from the CIR Benefit Fund.**

Ever wish you had a go-to source for all of your questions about pregnancy? Now, you do. Future Moms is a program that can answer your questions, help you make good choices and follow your health care provider's plan of care. And it can help you have a safe delivery and a healthy child. Future Moms is a program for expectant mothers available through your Empire BCBS health plan at no extra cost.

### **Opportunity 1 – Enroll in the Program:**

- Call 1-800-828-5891
- Enroll in the program
- Receive Prenatal Kit as Welcome letter
- Complete the telephonic Future Moms assessment with a registered nurse by 183 days before your due date
- Eligible for a \$250 Digital Gift Card

### **Opportunity 2 – Complete the Program:**

- Complete the interim assessment via telephone at least one day before your due date with the future moms' nurse
- Then complete the program by participating in a post-partum assessment via telephone with the future moms' nurse within 53 days post-delivery
- Receive Congratulations letter in case closure
- Eligible for a \$250 Digital Gift Card

Please note that once you have completed these steps you must wait for the CIR Benefits Office to contact you via email to confirm your address. Confirmation is done quarterly. For example, if you completed any one or all of the steps in the months of January, February and March, the quarterly list will become available in the beginning of April. Please allow up to 10 business days at the end of every quarter to receive your digital Gift Card. Please check your inbox and junk mailbox for your digital gift card from Giftogram. Please follow the instructions within the email to redeem your gift card. Please [click here](#) for information about the Future Moms Program.

Sincerely,

Cir Benefit Funds Office

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