

## Maternity Programme

Whether it's your first or fifth time, having a baby should be a wonderful journey for mom, dad and the whole family. The Fund has implemented a **Maternity Programme** to assist and guide you on this remarkable journey.

Being pregnant should be a very special time – a time during which you want easy access to expert advice and no worries about medical bills. The Maternity Programme is specifically designed to put the power in your hands, giving you access to support, education and advice from experts, through all stages of your pregnancy, confinement and even after the baby is born. Participation is **free** and offers **many benefits**.

### How you will benefit

As part of the programme, you will be assigned your own personal care coach. All care coaches are registered nursing sisters with extensive experience and additional qualifications in midwifery. Your care coach will be on call to offer specialist advice, whatever your question or concern, and check in with you regularly to offer support and guidance, before and after your baby is born. More specifically, your care coach will:

- help you to register on the programme
- help you to understand the benefits available from the Fund during your pregnancy and after the birth of your child
- advise you on issues such as your diet, exercise, small discomforts during pregnancy, home births, homeopathic remedies and breastfeeding
- provide advice on the number of days of hospital accommodation that will be covered by the Fund during your confinement as well as other available alternatives
- empower you with important information so you can actively participate in discussions with your midwife or doctor in decisions about your health and birthing options
- help to authorise your admission to the hospital or birthing facility of your choice
- liaise with the hospital and monitor the progress of your baby, should he or she be admitted to the neonatal unit for any reason
- provide ongoing telephonic advice and support during the first few weeks of parenthood
- refer you to appropriate resources such as midwives, doctors, specialists, hospitals, birthing units and support groups in South Africa.



As an invaluable **partner** in providing **peace of mind** and putting the power for a healthy pregnancy **in your hands**, your care coach will also identify **potential risks** and encourage the **proactive, preventative management** necessary for a healthy pregnancy and delivery.

## Access to additional benefits

As part of prescribed minimum benefits (PMBs), the delivery of your baby will be paid from your Fund benefits. Vaginal (natural) births are paid for in full by the Fund. Caesarean deliveries are covered as a PMB if there are specific clinical reasons for the procedure. However, we may provide additional benefits beyond the standard PMB provisions. To access these additional Fund benefits, such as ultrasounds, additional consultations and more, it's important that you register on the Maternity Programme.



## Belly Babies for all plans

### Belly Babies antenatal course

Belly Babies is an online antenatal course made up of over 50 concise educational videos. Their goal is to provide expecting parents with expert antenatal and post-natal support while in the comfort of your own home. Consultants will help you quickly and conveniently prepare for a happy pregnancy, a safe birth and a wonderful time bonding with your newborn. Keep a lookout for the email with your login details to access the course.

### Video-based Belly Babies Lactation Consultations

Belly Babies Lactation Consultations are here to help you and your baby thrive during your time breastfeeding. Experienced consultants can meet you on an online video platform to assist you with your specific challenges in establishing and maintaining a happy breast-feeding routine. Whether you are struggling to produce enough milk, have painful nipples or are worried about returning to work, skilled consultants are ready to assist. Let them assist you in giving your baby the best start in life! To access this consultation, please visit [www.bellybabies.co.za](http://www.bellybabies.co.za), select 'book lactation consult', follow the steps and enter your voucher code to make a booking.



## Simple and easy process

### Step 1: Register

It's important to register on the programme **as soon as your doctor has confirmed your pregnancy**. Consult the Fund's benefit guide, the website or contact the Fund's Customer Service Department for guidance. Your care coach will help to register you telephonically, after which all programme information will be sent to you.

### Step 2: Maximise your benefits by actively participating

Once registered on the programme, your personal care coach will start communicating with you on a regular basis on a range of topics, including information about your different pregnancy milestones and answering your questions and concerns. At the start of your final trimester, the process for booking your hospital admission should start, which will require an authorisation number. You will also receive a useful checklist to prepare you for your time in hospital.

### Step 3: When baby is born

**Remember to register your baby as a dependant on the Fund to avoid incurring unnecessary costs.** Fund rules require that your infant to be registered within 30 days of birth. Your care coach will remind you about how important it is to register your baby as a dependant on the Fund after he or she is born.

### HIV testing – better safe than sorry

Remember that HIV can be passed on from mother to baby during pregnancy, birth and breastfeeding. It is important to discuss HIV testing with your doctor during your early pregnancy. This will ensure that the necessary preventative measures can be taken to protect your baby and reduce the possibility of transmission should you find that you are HIV positive. All care associated with HIV in a pregnant woman is funded as part of PMBs. This means that it will be paid from your Fund benefits.

If you think you are at risk of being HIV positive, or have been diagnosed as a person living with HIV, please register on the **YourLife** Programme on 0860 109 793 (all calls are confidential).

### Giving you the power

The Maternity Programme has been implemented because the Fund cares about your health and wellbeing. The programme is specifically designed to **actively empower you**, and put the knowledge and power for having a safe and healthy pregnancy and baby in your hands. It's an essential tool for ensuring you receive the best care possible and enjoy a positive, healthy, stress-free pregnancy.



#### Protection of Personal Information

Transmed Medical Fund and Momentum Health (Pty) Limited, the Administrator, will maintain the confidentiality of your personal information and comply with the Protection of Personal Information Act 4 of 2013 (POPIA) and all existing data protection legislation, when collecting, processing and storing your personal information for the purposes of registration on the Maternity Programme.

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08/2025

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