

# Prenatal education packet request form

## CVT Wellness PPO Plan with Blue Shield of California network

Join the prenatal program! Learn what to expect when you're expecting – before, during and after delivery. Access helpful advice, useful resources, and receive text messages all designed to promote maternal and child health. Enrolling in the prenatal program will earn you 50 credits.

### Instructions:

Please fax the completed form to **both** numbers below to join the program and receive your credits. If you have any questions, call CVT Member Services at (800) 288-9870.

Fax to both numbers:

Blue Shield of California: (855) 626-0393

HealthComp: (559) 499-2464

## Member information

Member ID number:

First and last name:

Date of birth:

Gender:

Street address:

City:

State:

ZIP code:

Phone number:

## Book request (please choose one from the following options):

Your Pregnancy & Birth – American College of Obstetricians and Gynecologists (English)

Su Embarazo y Parto – American College of Obstetricians and Gynecologists (Spanish)

What to Expect the First Year (English)

Caring for Your Baby and Young Child - American Academy of Pediatrics (English)

Would you like the other education packet materials in Spanish?  Yes  No

Please fax the completed form to Blue Shield at (855) 626-0393 and HealthComp at (559) 499-2464. If you have any questions, call CVT Member Services at (800) 288-9870.

### Can't send a fax? Call us.

If you're unable to fax your information, please call the Blue Shield Prenatal Education Program at **(877) 371-1511** and leave a message with your name, member ID number (shown on your CVT Wellness PPO member ID card), phone number, mailing address, and book choice. If you are hearing impaired, please call (800) 735-2929 for the relay service in California.