



FEDHEALTH



Sanlam healthcare partner

## Fedhealth Baby

Available on all options except flexi**FED**Savvy

Fedhealth offers a great baby programme designed to provide the best advice, support and personalised care during every stage of pregnancy and beyond. Compiled by experts with mothers and babies in mind, **Fedhealth Baby** is there to make the life-changing experience of being a parent all the more special and rewarding, and a little less daunting. It features amazing giveaways, discounts, education and support. **Best of all... it's FREE!**

Parents-to-be can look forward to:



### Doula support (not available on my**FED**)

Fedhealth covers a doula for pregnancy and natural birth support with a subsidy of R3 500. A doula is a pregnancy and birth expert, and is there to guide and help you achieve your birth plan. She will visit mom-to-be during the pregnancy and support her from the onset of labour, to provide comfort in birth.



### Fedhealth Baby backpack

This beautiful, handy baby bag backpack is usually sent in your third trimester and is packed with quality products, such as a milestone blanket, baby products from Bennetts, a baby gift pack, a pregnancy book and lovely samples to try. Everything in the bag has been especially chosen to help parents take care of their little bundle of joy from tip to toe.

**PLUS:** Moms-to-be who complete the online Healthy Pregnancy workshop\* will receive extra goodies in their backpack: Moms will receive a beautiful hooded towel and facecloth pack plus Pure Beginnings baby wipes; baby wash and shampoo; baby lotion and Pure Beginning baby chest rub.

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### Vouchers and discounts

Look out for amazing discount vouchers in your Fedhealth baby bag:

- Babywombworld breast pumps, high chairs, Next-to-Me co-sleeper, food processor, blender, steriliser and other great baby products
- FitMama pregnancy wear
- Immunisation programme from Tum2mom
- Playmats from Lots4Tots
- MommaMia toddler development programme
- Shop online at Medbabysshop with discounts of up to 40% off essential bundles like car seats and prams



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### Education and support

Fedhealth Baby members receive ongoing communication and education in the form of emails (to Mom and Dad), healthy wellbeing calls for each trimester as well as post-birth to check on Mom and Baby's progress. If required, our friendly doulas can refer moms to associations for support or send further pregnancy information based on her needs! Also look out for our parental questionnaire – a handy document to work through with your partner or spouse in preparation for the upcoming birth of baby.



### Baby medical advice line

A dedicated 24-hour medical advice line for any pregnancy concerns, pre-or post-birth.



### Healthy Pregnancy workshop with rewards!\*

Fedhealth Baby members under 26 weeks of pregnancy are encouraged to join our Healthy Pregnancy workshop (live) from the comfort of their home, where our doula educators share critical pregnancy information covering nutrition for our pregnant moms and growing baby, weight gain, dealing with depression in pregnancy, super pregnancy stretches and exercises, as well as an in-depth look at birth options - their risks and benefits.

For attending, mum may choose either a birth ball that she can use at home (with recommended exercises) or 3 B.O.N Liquid Gold Pure Tissue Oil plus she will also receive Pure Beginnings products in her Fedhealth backpack.



### Online childbirth preparation classes live on Zoom

When mom-to-be reaches 26 weeks, she can join our online childbirth classes. These classes provide you with options for the birth and provides clinically based information to make informed decisions regarding your planned birth (natural or C-section) and have the best possible outcome.

We will reward our moms-to-be with a Snuggletime nursing pillow, YOUHA Milk Collector and B.O.N. Liquid Gold Pure Tissue Oil.





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### Post-birth lactation support

Often in birthing facilities or hospitals, mothers don't receive the necessary dedication from healthcare providers to assist in achieving successful breastfeeding from the get-go. For some moms breastfeeding is easy, for other moms, not so much. Breast milk enhances the development of baby's brain and may contribute to higher IQ, and babies who are less likely to be hospitalised with infections, have fewer overall ear and respiratory infections and occurrences of diarrhoea and vomiting. Plus of course, long-term health benefits for your little one, and you. We understand that moms may need a little extra help in getting breastfeeding right. As such, we've launched online post-birth lactation consultations, exclusively available to members of Fedhealth Baby.



### 24-hour Paed-IQ advice line

As soon as baby is born, you have access to a paediatric nurse helpline 24 hours a day. You may use this line up until your little one is 14 years of age.



### Post-birth email

Look out for a useful email article on dealing and adapting with your newborn.



## How to join Fedhealth Baby

Call Fedhealth Baby on **011 704 0071**, Monday to Friday between **09h00 and 16h00** (excluding public holidays) or send an email to **info@babyhealth.co.za** to register for the programme.

**Join Fedhealth Baby today and let's support you on this magical journey as you prepare to welcome your little one.**

## CONTACT DETAILS

For more information, please visit [fedhealth.co.za](https://fedhealth.co.za), or use the Fedhealth Family Room, WhatsApp service or Fedhealth Member App. You can also call the Fedhealth Customer Contact Centre on **0860 002 153**.

Disease Management	:	Europ Assistance	:	MVA Third Party Recovery Department	:	Fedhealth Baby
0860 101 306	:	0860 333 432	:	012 431 9718	:	0861 116 016