



## FedhealthBaby | Mom Maternity Care Programme

Becoming a parent is one of life's most incredible experiences — and at Fedhealth, we're here to make sure you're supported, informed and celebrated every step of the way.

That's why our **2026 FedhealthBaby|Mom Maternity Care Programme** now offers even more excellent benefits for Mom and Baby.

### INTRODUCING the Doula Care Programme

Doulas are trained, caring professionals who provide emotional and physical support and information throughout pregnancy, birth and beyond. If you're planning a natural birth, or are still deciding, this is the perfect option for you.

#### Here's what you'll enjoy:

- ✓ An **online Doula-on-Call consultation** to activate your enrolment PLUS a **R500 voucher** and personalised birth planner, once you've completed the Doula consultation
- ✓ A **personal Doula** (area dependent) from our Preferred Doula list
- ✓ **Up to R4 000 in vouchers and gifts** along your pregnancy journey
- ✓ **Weekly pregnancy updates** (and every second week for your spouse)
- ✓ Doula **benefit increased to R5 000** for your Doula
- ✓ Doula **support meetings** during pregnancy (R1 000 voucher)
- ✓ Online healthy **pregnancy workshop** (R300 voucher)
- ✓ Three online **childbirth classes** (R700 voucher)
- ✓ A **midwife appointment** (R500 voucher)
  - A **R1 000 voucher** if you give birth at a preferred birthing facility
- ✓ **24-hour medical advice line**
- ✓ **Trimester calls** from our friendly consultants
- ✓ **Doula-on-Call** support throughout your pregnancy
- ✓ **Post-birth Doula check-ins** and an optional lactation consultation
- ✓ Your beautiful **FedhealthBaby|Mom baby bag**, filled with essential baby products and a handy changing mat

**Members can save all the vouchers and spend them together!**





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Moms who need a medically required C-section will still receive the following after you've completed your enrolment with our online Doula-on-Call:

- ✓ A **R500 voucher** and your pregnancy planner, **once you've completed the Doula consultation**
- ✓ **Weekly pregnancy emails** or WhatsApps (and every second week for your spouse)
- ✓ **Trimester calls** and ongoing support from our consultants
- ✓ Access to the **24-hour medical advice line**
- ✓ An online healthy **pregnancy workshop** (R200 voucher)
- ✓ Three online **childbirth classes** (R300 voucher)
- ✓ **Doula-on-Call pregnancy support**
- ✓ **FedhealthBaby|Mom baby bag** with essential products

**Vouchers can also be accumulated and spent in one go.**



### HOW TO GET STARTED

1. **Register** for the FedhealthBaby|Mom programme by calling **0861 116 016** or sending an email to [info@babyhealth.co.za](mailto:info@babyhealth.co.za)
2. Attend your **online Doula-on-Call consultation**; this step activates your enrolment.
3. Enjoy your welcome rewards and begin your chosen maternity care route.

**It's that simple... a supported, rewarding journey from bump to baby.**

**Every birth deserves care, connection and celebration. Join the FedhealthBaby|Mom Maternity Care Programme today!**

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