



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
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, 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