



Maternal Mental Health Program

Blue Shield of California understands that pregnancy is a big change in your life. Our Maternal Mental Health Program offers you an additional layer of support before, during, and after pregnancy.

The program combines our prenatal and behavioral health services. It gives you access to behavioral health specialists who can offer help and guidance on:

- Stress management
- Coping mechanisms
- Managing depression
- Anxiety
- Other behavioral health conditions

You will also get access to online educational materials to help you through the different stages of pregnancy and beyond.

Other types of support, which may include personalized maternity coaching from an obstetric nurse, may also be available if you:

- Have a condition such as high blood pressure or diabetes
- Are expecting multiples
- Have a history of preterm labor



You can access a behavioral health specialist by speaking with your primary care physician, obstetrician, or gynecologist.



You can also call the mental health customer service phone number on the back of your Blue Shield member ID card.



For more prenatal support, sign up for Blue Shield's Prenatal Program. Visit blueshieldca.com/prenatal to learn more.