

Having a baby is *exciting* but it can also be a little *overwhelming*, especially for *first-time* parents. Our pregnancy, birth + beyond program is a free service designed to support you from the time of conception until your baby's first birthday, helping you make informed decisions about your pregnancy, birth and parenting.

what's it all about?

Being armed with practical and relevant information, and having easy access to expert midwives whenever you need them will help you address any questions or issues that arise during your pregnancy, and cope better with the changes and challenges that come with adjusting to a new baby during that first year. With our pregnancy, birth + beyond program you'll enjoy free access to a range of personal, online and printed resources that will help provide you with the information and support you need during this very special time in your life.

here's how it works

- 1 You'll be introduced to a midwife who will follow your pregnancy, offering information, support and references to community services through a series of five telephone consultations, scheduled to take place both before and after your baby is born.
- 2 You'll have unlimited access to experienced midwives via email and telephone to discuss the progress of your pregnancy, any health issues and concerns, and for invaluable advice after your baby arrives.
- 3 You'll have free access to our pregnancy website, which will help you track the progress of your baby's development week by week.
- 4 You'll receive a series of helpful and practical books on healthy pregnancies, babies and toddlers.
- 5 And, you'll receive a special gift upon the birth of your baby.

interested in finding out more?

The pregnancy, birth + beyond program is available absolutely free to rt members with Private Hospital Cover, who have served the minimum two-month general services waiting period.

Call or email us for an enrolment form or download one from our website

1300 886 123
help@rthealthfund.com.au
www.rthealthfund.com.au

contact us

Our commitment to helping you *be well, get well and stay well.*



hospital at home – offers an alternative to a hospital admission or enables you to leave hospital early and receive treatment in your own home.



health4life – helps people self-manage existing or potential chronic diseases (including asthma, diabetes, arthritis, heart disease and others).



pregnancy, birth + beyond – provides support from the time of conception until your baby's first birthday. Includes unlimited telephone and email access to midwives, information-packed pregnancy website and a special gift to welcome your new arrival.