

Baby & Me is HMAA's free and innovative maternity incentive program designed to help expectant moms and their babies stay healthy during and after pregnancy. We provide education, intervention and guidance, along with great incentives. This program is encouraged but voluntary for HMAA members, and does not affect your health plan benefits. There's no cost to participate!



Who is eligible

Members covered by an HMAA medical plan and in weeks 1 to 20 of pregnancy may enroll.

Submit a request online or contact our Wellness Department.

Online hmaa.com/babyandme

Email HMAAwellness@hmaa.com

Phone (808) 791-7635 or toll-free (888) 941-4622 x635

What to expect

We will verify your eligibility and contact you to confirm your enrollment. With a goal of healthy delivery, we will pair you with a maternity program nurse who will work closely with you in tandem with your physician, not as a replacement. Your nurse will call you to develop a custom care plan and check in periodically throughout your pregnancy.

Great incentives

Receive these special gifts at no cost!



Healthy Baby Kit

Includes trusted information on pregnancy stages, nutrition, baby care, and more.



Physician-Grade Fetal Doppler

Hear baby's heartbeat on-the-go or in the comfort of your home, providing peace of mind. Free 6-month rental.



Prenatal Classes

Receive reimbursement of up to \$150 in registration fees for prenatal classes at any Baby & Me In-Network class provider.



Breast Pump with Accessories

Have your breast pump conveniently delivered to your home at no charge, or pick it up at a Pharmacare location. Includes a special gift of accessories from Pharmacare Hawaii. Excludes tax; available at 26 weeks of pregnancy.



\$250 Target GiftCard™

Use this \$250 Target GiftCard™ for diaper products. Available upon meeting requirements and after your baby is born.

Incentives are contingent on meeting certain requirements, offered at various program stages, and subject to change or cancellation at any time without notice. Restrictions apply. Visit hmaa.com/babyandme for details. Breast pump is also available to eligible members who do not enroll in Baby & Me. Gift cards received through Baby & Me are considered income and may need to be included on your tax return. Please consult your tax advisor; HMAA does not provide tax, legal, or accounting advice. Bullseye Design, Target and Target GiftCard™ are registered trademarks of Target Brands, Inc. Terms and conditions apply to gift cards. Target is not a participating partner in or sponsor of this offer.

For more information about our health and wellness benefits, visit hmaa.com/wellness or facebook.com/HMAAwellness.