

High-Risk Maternity Support Looks Out for Pregnant AZ Blue Members



AZ Blue takes the worry out of more complex pregnancies. When enrolled, our Care Managers collaborate with our members on a personalized care plan to help navigate the healthcare system, work with OB/GYN providers, and provide support throughout pregnancy, delivery, and postpartum.

CARE MANAGERS HELP WITH:

- Screenings
- Pregnancy Education
- Finding a provider (if needed)
- · Coordination of care
- Transition of services
- · Short-term and complex needs

In 2024, 100% of pregnant mothers that participated in the program stayed in it through childbirth.

CASE STUDY:

Mom with hypertension welcomes healthy baby with help from AZ Blue Care Manager

True story: A 24-year-old AZ Blue member with a history of hypertension was in the final weeks of pregnancy and feeling uncomfortable. She called AZ Blue's Care Manager who guided her through taking her blood pressure with her at-home cuff. **The reading was worrisome: 151/113.**

The Care Manager calmly explained that she needed to be seen in OB Triage/Emergency for her high blood pressure. Within an hour of the call, the member was in good hands at the hospital.

Several hours later, she welcomed a healthy baby girl. The new mom had no complications, her blood pressure went down and stayed down after delivery without long-term medication, and her baby did not require a NICU admission.

Today, both member and baby are home and doing well.

Contact AZ Blue's Care Management team for high risk maternity support at CM@AZBlue.com or call 602-544-8982 to learn more.

You deserve AZ Blue.