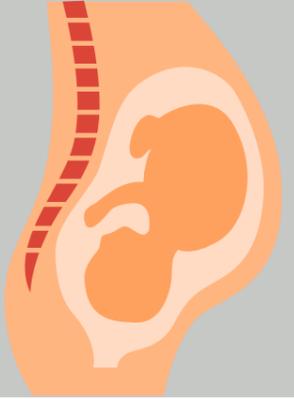


THE NEW BONITAS MATERNITY PROGRAMME

We believe that as an expecting mom your pregnancy should be a unique and joyful experience. Through targeted support during each trimester, pregnancy education and specific related engagements, via telephone and digital channels, we aim to help you achieve this. With our new Maternity Programme, we hope to improve the health of moms-to-be and, as a result, reduce the number of complications.



As an expectant mother, you can expect the following:



24/7 MATERNITY HEALTH ADVICE LINE

Should you have any health-related queries during your pregnancy, you can call the 24/7 Maternity Health Advice line on (include phone number here). This telephone service is nurse led and has been developed to provide our pregnant members with optimum advice. It is a purely medical advice line, no diagnosis or prescription will be given.



DEDICATED CLINICAL CARE ADVISORS

A maternity nurse/midwife will call you at certain key stages throughout your pregnancy. This is to support and advise you on how to look after your health while expecting. You will be reminded about supplementation, diet and follow-up visits.



ONLINE ANTENATAL CLASSES

From the moment you register with the Bonitas Maternity Programme, you'll have access to online antenatal classes to prepare you for the birth, your stay in hospital and what to expect when you go home. These classes will be available twice monthly and you can access them by logging onto the Bonitas website with your membership number.



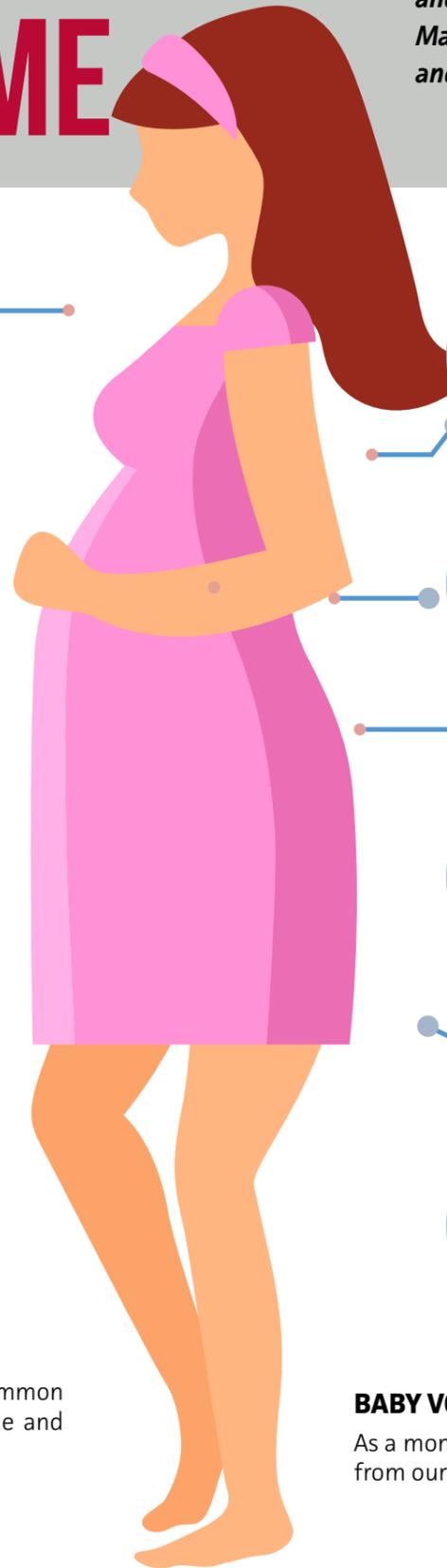
WEEKLY STAGE APPROPRIATE SMSs

During your pregnancy, you'll receive a weekly SMS appropriate to the specific stage in your pregnancy. This will help you track your baby's development and learn how and why your body is changing during the weeks of your pregnancy.



WEB CONTENT

On the Bonitas website, you'll be able to find a series of articles regarding common health issues during pregnancy. You can read these articles at your own time and convenience.



PREGNANCY EDUCATION EMAILS

You'll also receive emails on a weekly basis for the duration of your pregnancy to help you prepare for the birth. These emails will be stage appropriate and cover topics such as preparing for childbirth, normal delivery vs caesarean, breast care, breast feeding, nutrition, etc.



BONITAS BABY BAG

We give all pregnant members a beautiful baby bag to congratulate you on the arrival of your bundle of joy. The baby bag is packed with goodies for you and your newborn. This may include nappies, baby wipes, a blanket or toy, bath products, toiletries and other items*. To register for your baby bag, you must be at least 24 weeks pregnant and have obtained pre-authorisation for your delivery.

**Contents dependent on availability*



DIGITAL WEBINARS AND EVENTS

Twice a month there will be digital webinars and region specific events that will cover various aspects of maternity and baby care. Once you have registered for the Maternity Programme, you will be informed via email or SMS about the details of the webinars and events. You'll be able to access the webinars through a link from the Bonitas website.



MATERNITY CARE BENEFITS

We also offer the following maternity benefits* to our members:

- Up to 12 consultations during pregnancy
- 2 x 2D ultrasound scans
- 1 amniocentesis
- Antenatal Classes
- 4 consultations with a midwife after delivery (1 of these can be with a lactation specialist)
- New born hearing screening

**Plan dependent (Excludes BonCap)*

BABY VOUCHERS

As a mom-to-be you'll have access to the Bonitas voucher platform to redeem vouchers (specific to baby care) from our partners, including but not limited to, the Unilever Dove baby range and Baby City.

SMS SWITCH TO 33035 / bonitas.co.za

SMSs CHARGED AT R1.50. FREE SMSs DO NOT APPLY. Ts & Cs APPLY.

Bonitas
Medical Aid for South Africa