

**2026 Blue Cross and Blue Shield Service Benefit Plan - FEP Blue Focus
Section 3. How You Get Care**

You need prior Plan approval for certain services:

Prior notification – Maternity care

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We encourage you to notify us of your pregnancy during the first trimester. Please contact us at the phone number on the back of your ID card and provide the following information:

- Enrollee's name and Plan identification number
- Expected delivery date
- Date of your first prenatal appointment
- Name and phone number of the provider (i.e., physician, nurse practitioner, nurse midwife) providing your prenatal, delivery, and postnatal care
- Name and location of the place you intend to deliver (i.e., hospital, birthing center, your home)
- If you plan to deliver in a hospital, the type of delivery and the estimated number of days you will be in the hospital.

We will advise you if any additional information is needed.