



HCF Baby Program

Available with HCF Corporate products.

Pregnancy and parenting can be some of the most rewarding and challenging experiences in your life. The HCF Baby Program is a confidential health education program designed to help mothers-to-be have the healthiest possible baby. Any information you provide is kept confidential between you and your program coordinator.

With HCF, you and your baby are in good hands. HCF Baby Program Coordinators are experienced Midwives and Registered Nurses, who can answer your questions and help with information concerning pregnancy, diet, exercise and baby care. Importantly, the program is provided at no extra cost to members on **Healthmate Ultimate** or **Top Hospital with Extras** – only available with the HCF Corporate products range.

Who can use this service?

To be eligible for this service, you must have served the 12 month waiting period applied to maternity benefits, including a minimum of 2 months membership on a Family policy.

How does it work?

Once we have received your application form, our HCF Baby Program Coordinators will contact you to determine the guidance you'll need during and after your pregnancy.

HCF Baby Program Coordinators will send you regular information and keep in contact until your child is one year old.

This may include information on:

- Progress of your pregnancy
- Common complaints you should know about
- Exercise
- Diet and eating well for you and your baby
- Explanation of procedures or tests
- Baby care: bathing, teething, breast feeding and more.

You can also contact HCF Baby Program Coordinators directly. They can provide answers to personal and medical questions about your health, pregnancy and delivery.

We recommend joining this program as soon as your pregnancy is confirmed to get the most out of it. To join the program, complete the form overleaf and simply mail your form back to us.

Your privacy

All information discussed is confidential between you and the HCF Baby Program Coordinators*. This program is not intended to replace the clinical advice of your doctor or health care provider. For a full copy of the HCF Group Privacy Policy, please visit www.hcf.com.au

* To ensure your privacy is protected, we have arranged for the program to be administered for us by an external team of health professionals who do not provide any details of the discussions with individual participants to HCF.

