

ZOOM

The Fedhealth Baby Programme

Available on all options except flexi**FED Savvy**

Fedhealth offers a great baby programme designed to offer the best advice, support and personalised care during every stage of pregnancy and beyond. Compiled by experts with mothers and babies in mind, Fedhealth Baby is there to make the life-changing experience of being a parent all the more special and rewarding, and a little less daunting. It offers amazing giveaways, discounts, education and support. Best of all... it's FREE!

Parents-to-be can look forward to:

Doula support (Not available on myFED)

Fedhealth covers a doula for pregnancy and natural birth support with a subsidy of R3 600. A doula is a pregnancy support expert and is there to guide and help you achieve your birth plan. She will visit mom-to-be during the pregnancy and support her from the onset of labour, to provide comfort in birth.

A Fedhealth baby backpack and your Milestone blanket

This handy baby bag backpack is usually sent a month after registration and is packed with quality products, such as baby products from Bennetts, a baby gift pack, a pregnancy book and lovely samples to try. Everything in the bag has been especially chosen to help parents take care of their little bundle of joy from tip to toe.

Vouchers and discounts

Do look out for our amazing discount vouchers in your Fedhealth baby bag:

- Babywombworld breast pumps, high chairs, Next-to-Me co-sleeper, food processor|blender|steriliser and other great baby products
- Safety products from 4aKid
- Boobi blankets
- FitMama pregnancy wear
- Pregnancy & Infant music voucher
- Playmats from Lots4Tots
- A very special Medbabyshop with discounts up to 40% of essential bundles
- Immunisation programme from Tum2mom
- MommaMia toddler development programme

Education and support

Fedhealth Baby members receive ongoing communication and education in the form of emails and e-letters (to Mom and Dad), healthy wellbeing calls for each trimester as well as postbirth to check on Mom and Baby's progress. If required, our friendly doulas can refer moms to associations of support / send further pregnancy information based on her needs!

Healthy pregnancy workshop with rewards! Fedhealth Baby members are encouraged to join our Healthy Pregnancy workshop (live) from the comfort of your home, where our doula educators share critical pregnancy information covering nutrition for our pregnant moms & growing baby, weight gain, dealing with depression in pregnancy, super important pregnancy stretches & exercises as well as an in depth look of birth options - their risks and benefits. For attending, we include a pregnancy ball for mom in her Fedhealth backpack so she can use at home (with recommended exercises).

Baby medical advice line

A dedicated 24-hour medical advice line for any pregnancy concerns, pre-or post-birth.

It's FREE, so register today!

Fedhealth Baby is committed to offering the very best maternity care available, and to help make the pregnancy and parenthood journeys as joyful as they are meant to be.

Call 0861 116 016 or email info@babyhealth.co.za for more information and to apply now.



CONTACT DETAILS

For more information, please visit fedhealth.co.za, or use the Fedhealth Family Room, WhatsApp service or Fedhealth Member App. You can also call the Fedhealth Customer Contact Centre on **0860 002 153**.

Disease Management
0860 101 306

Europ Assistance
0860 333 432

MVA Third Party Recovery Department
012 431 9718

Fedhealth Baby
0861 116 016