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A Healthy High-Risk Pregnancy

“What’s happening to my baby? Will we be OK?”

Pregnancy is a time of transition, but Anna and Sam knew something was wrong. At just 14 weeks, Anna felt extremely nauseous and couldn’t eat or get out of bed. Her excitement for their first child was overshadowed with slowly building fear. What was going wrong? After two days without feeling better, the couple knew it was time to see their doctor.

Meritain Health Maternity Management ROI: 4:1*

Health complications

Anna was diagnosed with hyperemesis, a condition that made her excessively nauseous. Her doctor was concerned she and her baby wouldn’t be able to get the proper nutrition. This situation, coupled with her high blood pressure, asthma and seizures, all for which she took medication, put Anna’s pregnancy at high risk. Her doctor advised she would need to take specific precautions to be sure she and her baby would remain healthy.

Medical support and guidance

Anna was referred to the Meritain Health Maternity Case Management program and began working with a maternity nurse named Jackie. Anna was in poor spirits—she didn’t feel well, she needed to take time off from her job, and she was worried about the mounting medical bills. Most of all, she was frightened for the health of her baby.

Jackie assured Anna she would be there every step of the way to help her and her baby. She coordinated with Anna’s doctor for the insertion of a special tube that would allow Anna to receive liquid nutrients and fluids. Jackie also worked with the couple to understand Anna’s current medications and how to recognize side effects while she was pregnant. Jackie explained how to prevent pre-term labor and pregnancy-induced high blood pressure.

*For every dollar spent on case management, clients save more than \$10 on program costs. ROI for Maternity Management is calculated as savings gained from interventions over the cost of the program.

She also explained common symptoms Anna might experience while pregnant, and when to visit her doctor versus the Emergency Room.

“With the help of Case Management support, Anna and Sam have a healthy baby girl, and even managed to save more than \$90,000 on their hospital costs.”

A healthy baby girl

Jackie spoke to Anna on a regular basis, answering all her questions, and helping her stay healthy and positive. At 36 weeks, Anna gave birth to a healthy baby girl named Olivia, weighing 6 lbs, 3 oz. Anna and her baby were discharged from the hospital on schedule.

With the help of Case Management support, Anna and Sam were able to save \$90,538** through the birth of a healthy baby, and by avoiding the need for emergency care and follow-up home healthcare. The young family is currently doing well, and Anna loves her life as a first-time mom.

**Case savings include managed savings and negotiated savings and follow guidelines prescribed by the Case Management Society of America (CMSA). Managed savings reflect avoidance of potential charges that are realized through the intervention/actions of the case manager. Negotiated savings reflect savings off actual charges that are negotiated by the case manager with an individual provider.

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This story is based on an actual member experience. Names and information have been changed to protect the member’s privacy.

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