

Childbirth Classes

Description A class to prepare an expectant mother for childbirth.

Example: A course that teaches pregnant women to use breathing, concentration, and exercise techniques during labor.

See also Similar, related, or easily confused documents.

- [Alternatives to No - Childbirth Classes](#)
- [Prenatal and Maternity \(Commercial, MHPS\)](#)
- [Prenatal and Maternity - Individual and Family Business \(IFB\)](#)
- [Prenatal and Maternity - Medicaid](#)

Table of Contents The following topics are included in this document:

- [Commercial](#)
- [Government Programs](#)
- [Individual and Family Business \(IFB\)](#)

Document history The document history for the past 12 months is outlined below.

Date	Description
6.27.24	Refreshed due to age.

Commercial

Introduction	This section applies to all Commercial brands: Dean Health Plan (DHP), Mayo Medical Plan (MMP), Medica (including MHPS), and Prevea360.				
Benefits (all except MMP)	Not covered.				
Mayo Medical Plan (MMP)	Not covered. Childbirth classes are educational classes, and education classes are excluded in the Plan Document.				
Document history	<div>The document history for the past 12 months is outlined below.</div> <table><tr><th>Date</th><th>Description</th></tr><tr><td>6.27.24</td><td>Refreshed due to age.</td></tr></table>	Date	Description	6.27.24	Refreshed due to age.
Date	Description				
6.27.24	Refreshed due to age.				

Government Programs

Introduction	This section applies to all Medicaid and Medicare products.
AccessAbility (SNBC), Minnesota Senior Care Plus (MSC+)	<u>Medicaid only groups:</u> <ul style="list-style-type: none">• See Medicaid below. <u>Medicare eligible groups:</u> <ul style="list-style-type: none">• Not covered.• Follows Medicare guidelines.• Medicare is the primary payer.• If no Medicare eligibility, Medicaid applies. See Medicaid below.
AccessAbility Enhanced (I-SNBC), DUAL (MSHO)	Not covered. <ul style="list-style-type: none">• Medica is the only payer.
Cost (Prime)	Not covered. <ul style="list-style-type: none">• Follows Medicare guidelines.
Med Advantage	Not covered. <ul style="list-style-type: none">• Follows Medicare guidelines.• Medica is the only payer.
Med Supp (Select, Signature)	Not covered. <ul style="list-style-type: none">• Follows Medicare guidelines.• Medicare supplement.• Medicare is the primary payer.

Continued on next page

Medicaid

Quote office visit or outpatient hospital benefits for eligible types of classes.

Note: The hospital or clinic should bill Medica directly. If the provider is requiring the member to pay for the class up-front, advise the member to have the provider bill Medica directly.

Eligible Classes	Ineligible Classes
Early pregnancy: a one-time class in the first trimester. <ul style="list-style-type: none">• Healthy beginning• Healthy start for pregnancy• Off to a good start	<ul style="list-style-type: none">• All About Babies• Bradley Childbirth Education• Breastfeeding classes• Expectant Fathers• Infant CPR• Parenting classes• Sibling classes
Childbirth education: preparation for childbirth and delivery. <ul style="list-style-type: none">• Childbirth and parenting preparation• Childbirth express• Childbirth preparation• Lamaze class• One step childbirth preparation	
Refresher childbirth: condensed childbirth education for subsequent births. <ul style="list-style-type: none">• Lamaze refresher• Next time around• Welcome back	
Specialized classes <ul style="list-style-type: none">• Cesarean delivery education• Childbirth education following a loss• Childbirth education for teens• Delivering multiples• Home childbirth education (for high risk moms on bed rest)• VBAC (Vaginal Birth After Cesarean)	

Document history

The document history for the past 12 months is outlined below.

Date	Description
6.27.24	Refreshed due to age.

Individual and Family Business (IFB)

Introduction	This section applies to all Individual and Family Business (IFB) brands: Dean Health Plan (DHP), Medica, Medica (formerly WellFirst), and Prevea360.				
Benefits	Not Covered. Childbirth classes are educational classes, and education classes are excluded in the Policy.				
Document history	<div>The document history for the past 12 months is outlined below.</div> <table><tr><th>Date</th><th>Description</th></tr><tr><td>6.27.24</td><td>Refreshed due to age.</td></tr></table>	Date	Description	6.27.24	Refreshed due to age.
Date	Description				
6.27.24	Refreshed due to age.				