

# GUIDE TO PREGNANCY-RELATED COVERAGE WITH CASER



# Your pregnancy, our priority

**At Caser, the health of the mother and her unborn baby is our priority.**

We offer a range of coverage to adapt to the pregnant woman's needs.

24-Hour medical and paediatric support, by telephone and online.  
Can you imagine being able to consult any medical question,  
at any time and regardless of the day?

Well, transform your imagination into reality.  
[Discover more about 24h care line.](https://www.caserexpatinsurance.com)



# Coverage includes



**A**

**Maternity hospitalisation:** Includes assistance from a midwife and obstetrician. Includes anaesthetic, epidural and a bed and incubator for the new-born.

**B**

**Birth preparation program:** Physical and psychological preparation prior to birth.

# Coverage includes



C

**Postnatal care:** Midwife online consults (1-2 times) to check condition of mother and baby.

D

**Birth preparation program:** Postpartum alterations are diagnosed and a range of treatments are provided. Pelvic floor rehabilitation includes: pelvic floor exercises, biofeedback, electrostimulation, global body exercises (lumbar spine flexibilization, stretching aimed at the lower train and lumbosacral region and breathing exercises), massage therapy and relaxation techniques.

# Coverage includes



E

**Harmony screening non-invasive prenatal test:**

Prenatal test to predict the risk of Down Syndrome, Edwards Syndrome and Patau Syndrome.

F

**Single room with bed for companion:** Individual room with extra bed for companion.

# Coverage includes



**G**

**Addition of newly-born/newly-adopted children to the policy:** Add new child to policy within 15 days and avoid health questionnaire and pre-existing fees.

**H**

**Diagnostic tests:** Access to common diagnostic tests, including ultrasounds.

# Side-by-Side Comparison

	Integral (first ten co-payments free)	Adapta + Sonrisa Esencial (no co-payments)	Médica (family pack €87/mth)	Prestigio (no co-payments)
Maternity hospitalisation	✓	✓	✗	✓
Birth Preparation Program	✓	✓	✓	✓
Postnatal care at home	✓	✗	✗	✗
Postpartum pelvic floor rehabilitation	✓	✓	✗	✓
Harmony screening non-invasive prenatal test	✓	✓	✗	✓
Single room with bed for companion	✓	✓	✗	✓
Addition of newly-born / newly-adopted children to policy	✓	✓	✓	✓
Diagnostic tests (ultrasounds)	✓	✓	✓	✓



*MORE INFO*



[www.caserexpatinsurance.com](http://www.caserexpatinsurance.com)