

Easy Enrollment

To enroll in the CTA Well-Baby Program, contact the Mayo Clinic Pregnancy Advisor program: (800) 906-1064 and follow the prompts. The CTA Economic Benefits Trust will be notified of your enrollment only. All information you share with your Pregnancy Advisor nurse will be kept confidential.

For more information, please contact the CTA Member Benefits Department: (650) 552-5200 or member_benefits@cta.org

For more information on the voluntary Life and Disability plans, please contact The Standard: (800) 522-0406

Well-Baby Program

Note From The Trustees

CTA is a strong association today because of loyal members like you who work hard everyday to support public education. As trustees for the CTA Economic Benefits Trust, one of the ways we can show our appreciation for your membership is by offering unique member benefit programs. Together with Mayo Clinic Pregnancy Advisor, we are proud to offer our CTA Well-Baby Program at no additional cost. With this benefit, parents-to-be will have at their fingertips the necessary resources to guide them through a healthy pregnancy.

We hope that you will find this program as valuable as we do. Our ongoing commitment is to provide our participants with exceptional services.

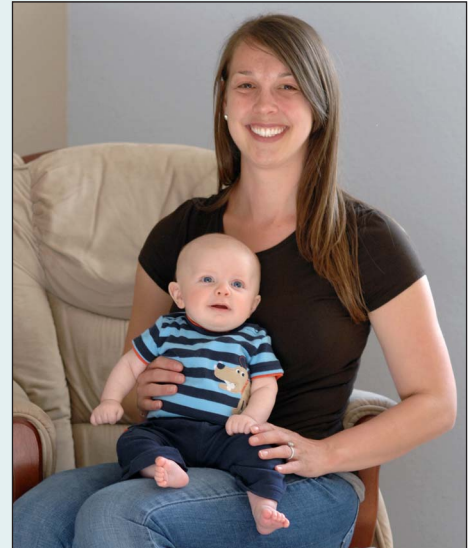


This is a brief description of the Program. The terms of the Program are subject to the Plan Document and Summary Plan Description.

This brochure is effective June 1, 2010. The benefits described herein may be modified or terminated by CTA at any time.

This program is not a substitute for the care and advice provided by your personal physician.

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"As a first time mom-to-be I found the CTA Well-Baby Program to be greatly beneficial. I often found relief by reading the book or speaking to my nurse when I had a concern. I am so thankful for my Mayo Clinic Pregnancy Advisor nurse, Patty, who was there to answer my questions, reassure me and offer outstanding support throughout my pregnancy. I look forward to participating again in the future!"

Rosie Muldoon
Santa Rosa Teachers Association

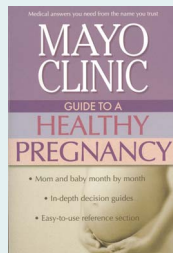
CTA Well-Baby Program

Pregnancy is a time of great excitement and change. Whether you are expecting your first baby or are an experienced mother, each pregnancy is unique. That's why the CTA Economic Benefits Trust is pleased to offer this Well-Baby Program at no additional cost to eligible CTA members or to the spouse/domestic partner* of an eligible CTA member. The CTA member must be a participant in either the CTA-endorsed voluntary Life or Disability plan.

In order to maximize your benefits under the program, we encourage you or your spouse/domestic partner to enroll within the first trimester. Please note that enrollment is only acceptable through the 20th week of pregnancy. However, if you are a CTA member or the spouse/domestic partner of a CTA member who is past 20 weeks of pregnancy, a one-time late enrollment opportunity will be accepted as long as the CTA member is within the first 120 days of new employment.

The CTA Well-Baby Program offers the following resources to help guide you through your pregnancy:

- Mayo Clinic Guide to a Healthy Pregnancy, a comprehensive and practical 600-page reference book that will inform, reassure and educate you on how to have a healthy pregnancy
- A Growth Chart and Pregnancy Calculator to help get your pregnancy off to a healthy start
- Mayo Clinic Pregnancy Advisor, a telephone-based program where registered nurses provide education and support throughout your pregnancy and three months postpartum
- Ask Mayo Clinic 24-hour toll-free nurse line, where registered nurses are available to answer your health-related questions about your pregnancy or your baby's health following delivery



* Definition of domestic partner can be found in the Plan Document & Summary Plan Description.

Your Own Mayo Clinic Pregnancy Advisor

Once your participation is confirmed, you will be introduced to a Mayo Clinic Pregnancy Advisor; a registered nurse who will assist you throughout your pregnancy and up to three months postpartum.

Understanding how your body is changing and what your baby needs, can help you make good decisions during your pregnancy. Your Pregnancy Advisor will call you throughout your pregnancy and provide educational material that has been approved by the experts at Mayo Clinic. With solid information and the professional care of your own provider, you can decide what is best for you and your baby.

Your Mayo Clinic Pregnancy Advisor is available for any of your health concerns during these set business hours:

- 8 a.m. to 8 p.m. PST (Monday-Thursday)
- 8 a.m. to 6 p.m. PST (Friday)
- 8 a.m. to 1 p.m. PST (Saturday)

When your Mayo Clinic Pregnancy Advisor nurse is unavailable, call Ask Mayo Clinic 24-hour toll-free nurse line at (800-906-1064) for help with your health concerns during your pregnancy or your baby's health after delivery.

To remain eligible for this program, CTA membership and insured status in the CTA endorsed voluntary Life or Disability plan must be maintained.

Postpartum Period

Did you know that one-in-ten new mothers experience postpartum depression? After the birth of your baby, you may experience several different emotions, ranging from excitement to mild sadness or "the baby blues."

After your baby is born, your Mayo Clinic Pregnancy Advisor will call you to help answer any questions or concerns you may have about your recovery or the care of your baby.

You may also call your Pregnancy Advisor or Ask Mayo Clinic 24-hour nurse line for up to three months after your baby is born.