



Optum has earned The Joint Commission's Gold Seal of Approval for our Home Care Program, including these services: Home Health, Home Medical Equipment, and Pharmacy Dispensing.



Obstetrical Homecare Services

Optum has the knowledge, infrastructure, and experience to help you manage the specialized needs of your patients. When you refer a patient to our homecare services, you and your patient receive the accumulated expertise of our 35 years' experience managing nearly a million high-risk patients and our national network of specialized OB nurses. Our services are highly successful in improving outcomes, while giving patients the advantage of receiving care at home.

Service benefits

- **High-risk OB nurses:** High-risk OB nurses provide knowledgeable support and have experience managing complex pregnancies.
- **Clinical OB pharmacists:** Clinical OB pharmacists consult directly with physicians to optimize medication and dosing, and provide medication counseling to patients.
- **Regular assessments:** Nurses monitor clinical status, reinforce compliance, and identify potential complications in order to avoid hospitalizations.
- **Specialized equipment:** Use of specialized equipment such as continuous subcutaneous microinfusion pumps and biometric wireless telemetry equipment for relevant therapies.
- **Individualized education:** Individualized patient education from specialized educators, including: OB RNs, certified diabetes educators (CDEs) and dietitians.
- **24/7 nurse availability:** Patients have 24/7 telephonic support.
- **Insurance authorization and referral process:** Assistance with insurance authorization, claims processing, and optimizing the referral process.
- **Home-based care:** OB nurses conduct telephonic and/or in-home visits to provide specialized treatments, assessments, and education.
- **Communications & reporting:** Patient status reports are sent to physicians regularly. All reporting is HIPAA compliant.

For more information or to refer a patient:

Please contact your Optum representative or call 800-950-3963.

Risk condition pregnancy services with 24/7 OB RN support

Services for	Highlights		Benefits	
Nausea & Vomiting of Pregnancy (NVP) Continuous medication infusion management	<ul style="list-style-type: none"> Continuous subcutaneous antiemetic therapy Discreet microinfusion pump technology Nursing support Clinical pharmacists dosing oversight 	<ul style="list-style-type: none"> System of care with holistic approach Home-based triage Access to nutritional assessments and dietitian recommendations 	<ul style="list-style-type: none"> Access to psychosocial and nutritional support Dosing titrated for efficacy No need to swallow (and retain) medication SQ route is less invasive than intravenous Steady state serum levels of medication 	<ul style="list-style-type: none"> Reduces office calls/ after-hours contacts from potentially high-maintenance patients Decreases need for hospitalization
Preeclampsia Nursing surveillance with device management Three services available: –At risk for preeclampsia –Preeclampsia –Postpartum preeclampsia follow up	<ul style="list-style-type: none"> Home-based, comprehensive nursing surveillance Real-time and actionable, biometric data via wireless telemetry equipment 	<ul style="list-style-type: none"> Identifies changes in clinical status which may indicate instability related to the development or progression of preeclampsia 14-day postpartum follow-up for preeclampsia 	<ul style="list-style-type: none"> Frequent assessment of clinical status; timely identification of disease state progression One-on-one telephonic support from an OB nurse 	<ul style="list-style-type: none"> Comprehensive documentation of adherence to plan of care and management of out-of-range or non-compliance
Diabetes in Pregnancy Maintain normal blood sugar levels during pregnancy Two services available: – Insulin injection – Insulin pump	<ul style="list-style-type: none"> Daily monitoring and clinical evaluation Multiple patient interactions over course of program Program adapts to condition acuity 	<ul style="list-style-type: none"> Customized meal plans Compliance monitoring Dosing and adjustment according to physician parameters 	<ul style="list-style-type: none"> Helps predict maternal and newborn complications One-on-one support from an OB diabetes nurse motivates patients and reinforces education Motivates and empowers patients 	<ul style="list-style-type: none"> Supports needs of patients while meeting diabetic diet requirements Clinical support focusing on target blood glucose levels

Pregnancy prolongation services with 24/7 OB RN support

Services for	Highlights		Benefits	
History of Spontaneous Preterm Birth 17HPC administration nursing & care management	<ul style="list-style-type: none"> Weekly administration of 17HPC, in home or at work Weekly, in-person assessments Intensive follow-up management resulting in high injection compliance rate Related patient education materials and resources 	<ul style="list-style-type: none"> Routine clinical updates and early identification of complications Office efficiency 	<ul style="list-style-type: none"> Patients don't miss work for weekly office visits RNs rigorously pursue and document compliance 	