

# KindBaby

## Healthy Pregnancy Program

The **KindBaby Healthy Pregnancy Program (HPP)** offers personalized, virtual support to guide parents-to-be through every stage of pregnancy. Your dedicated care team includes a care navigator, registered nurses, certified coaches, and prenatal and postpartum specialists—all committed to providing expert guidance and reassurance.

With KindBaby HPP, you will have continuous access to trimester-specific educational content, downloadable resources, and videos tailored to your journey. This program serves as a seamless extension of your in-person OB care, offering virtual support between appointments to help reduce the risk of complications and ensure a healthier, more confident maternity experience.

---

### Our Services

- Finding the right OB
- Prenatal nutrition
- Postpartum nutrition
- Maternity guide
- Early pregnancy
- Staying active
- Birth planning
- Emotional health
- Morning sickness
- Pregnancy yoga
- Lactation 101

---

### Earn An Incentive

All benefits-eligible US employees and their spouse/domestic partner are eligible to participate in the KindBaby Healthy Pregnancy Program and earn an additional 6 weeks of Parental Time Off upon completion.\*

*\*Please see Program Completion criteria on the following page. You must be eligible at the time the incentive is provided.*

---



#### Kindbody Navigator

Connect with dedicated Kindbody navigator via secure messaging or phone to establish next steps



#### My Journey Dashboard

Guides member through each milestone with access to schedule virtual sessions with our integrated network.



#### Pregnancy Calculator

Patients will be able to access and answer a pregnancy risk assessment form.

# KindBaby Program

## Get Started

- 1 Head to [kindbody.com/activate](https://kindbody.com/activate) and create your Kindbody account using any email address\*
- 2 Confirm eligibility by entering your access code and your unique ID. Your access code is **KINDMDT**. Your unique ID is your employee ID; for your spouse, the unique ID is the employee ID+ 'S'. *Example: if the employee unique ID is 1234, then the spouse Unique ID is 1234S.*
- 3 After creating your Kindbody account, please contact a Patient Care Navigator at **877-496-4283 (option 3)** to complete your enrollment in the KindBaby Healthy Pregnancy Program.

\*Communication will occur via KindBody email portal. Please ensure to check email regularly.

## Program Completion

KindBaby Healthy Pregnancy Program completion is defined as:

- Enrolling in the KindBaby Healthy Pregnancy Program with Kindbody during the first 16 weeks of pregnancy where you will complete a pregnancy intake appointment and risk assessment, and
- Completing at least one more trimester check-in session within the 2nd or 3rd trimesters, and
- Completing one postpartum session including a postpartum depression screening within 90 days of giving birth
- If you are a newly hired employee, and the birthing parent is already beyond the first 16 weeks of pregnancy, the birthing parent must enroll with Kindbody and, at a minimum, complete a pregnancy intake appointment with risk assessment and the postpartum appointment. The birthing parent must register for the HPP within 30 days of your date of hire.



# KindBaby Program

## Additional Program Details

- To enroll in the program, you must complete a pregnancy intake appointment and risk assessment with Kindbody during the first 16 weeks of pregnancy. This can be done once you create your Kindbody account **and** complete the initial appointment. Creating an account **does not** mean you have enrolled in the Health Pregnancy Program with Kindbody. Please contact a care navigator should you have additional questions.
- You are able to book your first appointment with a KindBaby provider through your Kindbody account. Should you need an urgent appointment or you do not see any availability via the Kindbody application, please contact your care navigator at **877-496-4283 x option 3** or **send a message** through your Kindbody portal. A care navigator can assist you with scheduling an appointment while ensuring you meet the requirements set forth by Medtronic for the Health Pregnancy Program through Kindbody.
- Kindbody will update Medtronic once the birthing parent has completed their postpartum appointment. Please allow **2-3 weeks** for Workday to be updated with your additional 6 weeks for parental leave once complete.
- You do not need to be enrolled in the Medtronic-sponsored medical plan to participate in the Health Pregnancy Program through Kindbody if you are a U.S. employee. If your spouse/domestic partner is the birthing parent and is not enrolled on the medical plan, you **must** complete additional verification documentation to confirm eligibility. Please contact a care navigator at **877-496-4283 x option 3** for additional information and assistance with creating your Kindbody account.

