



Celebrate your pregnancy: we are here to support you!

Online Maternity Programme

Do you need support during your pregnancy?



- 1.** Online antenatal classes offered twice a month in the comfort of your own living room.
- 2.** Personal, professional support conducted in multiple languages to choose from.
- 3.** Regular calls to check-in and provide support during every stage of your pregnancy.
- 4.** We offer 24/7 toll-free advice line staffed by qualified midwives or when you have any questions or concerns.
- 5.** Educational emails and SMS service include interesting facts, common health issues and information to keep you informed at all times.



Quality healthcare



On-demand services



Pay as you need



No monthly commitment

FAQ's

What does the Online Maternity Programme include?

- Both inbound and outbound calls for support and advice.
- Online antenatal classes.
- Regular emails and/or SMS's covering common health issues.

What is not included in the Online Maternity Programme?

This healthcare service does not include a visit to a gynaecologist nor any medication during or after birth.

What if I would prefer not to receive the SMS's and emails regarding common health issues?

An OPT OUT service is available at all times.

In which languages is the Online Maternity Programme available?

- Afrikaans
- English
- isiXhosa
- isiZulu
- Sotho

Can I purchase this service for someone else?

Yes, you may gift this service to another individual to redeem. If this service is provided as part of an employment benefit, please refer to your company's policy for more information.