

Get Reimbursed for Childbirth Education Classes in 2025

Large Group Plans

Congratulations! Having a baby is an exciting time in your life, but it can also be overwhelming. Taking a class or course is a great way to build your confidence and prepare for childbirth and early parenthood. If you're a Harvard Pilgrim member, **you can get reimbursed up to \$150 for completing a childbirth education class or course.**¹ Reimbursement is available to fully insured large group plans and ASO plans that opt in for childbirth class reimbursement.

Your questions answered

What's considered a qualifying class or course?

Qualifying classes are offered through your local hospital, birthing center, physician's office or childbirth education organization. They may consist of a one-day course or a series of weekly sessions. Led by a trained childbirth educator, classes typically address labor and birth, pain relief and coping management, birthing options, postpartum care, and the basics of caring for your newborn baby. This includes the virtual class option available through Tinyhood. Visit tinyhood.com/partner/harvardpilgrim for details.

What do I need to prove that I took the class?

Be sure to get a paid receipt verifying class enrollment. The receipt must show your name, the name and location of the class, the amount paid, and the date of payment.

What if the class costs less or more than \$150?

Harvard Pilgrim will reimburse up to \$150,² but not more than the cost of the class or course. For example, if the class fee is \$225, we will only reimburse \$150. If the class costs \$120, we will reimburse \$120.

I took my class a year ago. Can I still get reimbursed?

You have until March 31 of the next calendar year to submit your form and receipt. For example, if you took your class in 2025, you must submit your request by March 31, 2026.

I took a childbirth class during my last pregnancy. If I take another class in preparation for the birth of my next child, can I be reimbursed?

Yes. You're eligible to be reimbursed for one childbirth class or course per pregnancy, per calendar year.

Take the class or course, get a receipt and send it in — it's that simple.

- 1 Select the qualifying childbirth class or course that meets your needs.
- 2 Fill out the form at harvardpilgrim.org/reimbursement. Remember, only the subscriber can request the reimbursement. If the dependent is enrolled in the class, the subscriber must complete and submit the form.
- 3 Mail your form and receipt to the address listed on the form.

For more details, see the Childbirth Class Reimbursement Form at harvardpilgrim.org/reimbursement

¹ MassBio and Millennial plans eligible for full class reimbursement.

² Maximum reimbursement per Harvard Pilgrim policy in a calendar year (individual or family contract). Some employers may offer a different reimbursement amount. Must be currently enrolled in Harvard Pilgrim at time of reimbursement. For tax information, consult your employer or tax advisor. Childbirth reimbursement details vary for small or individual group. Reimbursable classes must be taken on or after January 1, 2025.



Questions?
Call Member Services at
888-333-4742