Pregnancy and birth

Are you pregnant or have you just given birth? Congratulations! However, this is a period that also requires a fair amount of administration. But not to worry: this information sheet will help you to understand all the paperwork so that you can go back to enjoying your life.

What should you do during your pregnancy?

- Notify your employer of your pregnancy as soon as possible.
- Ensure you apply for your start amount (formerly maternity allowance) on time. You also need to provide one of the five providers of your child benefit fund (e.g. KidsLife or Infinio) with a doctor’s certificate specifying the expected birth date. You may choose the provider from which you request the child benefit fund.
- After childbirth, do you need domestic help or help with taking care of the baby? Make sure you apply for maternity care with a recognised family care or additional home-care service in good time. CM can offer an allowance of up to 300 euros per family.
- Cost for hospitalisation can mount very quickly. Are you sufficiently insured for child delivery costs? CM can help you establish an overview of the costs involved.
- Notify CM as soon as you take parental leave or need work adjustment (with a medical statement from your gynaecologist).
- Request basic child benefit (formerly child support) from the child benefit fund. Already receiving the starter amount for your child? Then you will receive the basic amount automatically. If you don’t already receive the starter amount, you can request it from the provider of the child benefit fund.

What should you do after childbirth?

- Within fifteen days following childbirth, register your baby at the registry office of the municipality where the birth took place. In some places it is also possible to register your baby at the hospital before being discharged.
- Report the birth of your child to CM. You can do this online at www.cm.be/geboorteaangifte or make an appointment in the CM office via www.cm.be/afspraken.
- Send the birth certificate to CM:
  - Your child will be added to your national health insurance, and, potentially, any optional CM insurances;
  - Application to be submitted for parental leave;
  - You will receive yellow stickers and an ISI+ card for the baby.
- Select your CM baby gift
- Approximately two months following your hospital stay, you will receive the hospital bill. Make sure to have it checked by CM before you pay it. We can help you if there are any errors.

Do you have any specific questions or do you need to apply for any of the above at CM?
Please go to www.cm.be/contact and choose your method for contacting CM.

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Voordelen geldig van 1 januari 2022 tot 31 december 2022
Uitgifte: januari 2022 – EN – Zwangerschap en geboorte

CM is always there for you

Skoebidoe

With Skoebidoe, you can monitor the development of your child before and after the birth. During the pregnancy, you can see how big your baby is over time and keep notes in your digital pregnancy diary. As a member of Skoebidoe, you can also register for a range of promotions. Register free at www.cm.be/skoebidoe.

CM baby gift*

After birth, adoption or long-term foster care, you will be offered a unique and valuable gift for your baby. All parents can choose between a premium of 130 euros or a gift card with a value of up to 180 euros* per CM parent, to be spent at DreamLand and Dreambaby.

CM sun shades

CM will give you two handy CM sun shades for in the car.

Baby equipment on loan

Goed thuiszorgwinkel has everything you need for your baby. This way, you can borrow instead of buy. You can borrow equipment such as weighing scales, an aerosol-based inhaler or a breast pump at a CM discount price. VT members are even offered the first three months for free. Visit www.goed.be to find a Goed thuiszorgwinkel near you.

Baby massage workshop

Parents are given a free baby massage session. A fun way to strengthen the bond with your baby.

CM insurances**

- CM-Hospitalplan: Have you subscribed to a CM hospitalisation insurance plan (CM-Hospitaalplan, CM-Hospitaalfix or CM-Hospitaalfix Extra?) If so, you can also enrol your child, which means it is exempt from premium payments up to and including the second calendar year after the year of birth.
- CM-MediKo Plan: It is not only when you are hospitalised that you face high medical bills. A visit to the paediatrician, a physiotherapy appointment, spectacle glasses... With CM-MediKo Plan, you can protect your family from high medical expenses.

Patient contribution for children

Patient contributions for doctor’s visits of children aged six and under are reimbursed in full, without a franchise threshold.

Osteopathy

Would you like to take your baby to an osteopath? Then CM will pay you up to 10 euros per treatment session. For both osteopathy and chiropractic treatment, you will get a maximum of 50 euros per person per year.

Babysitter for sick children

Is your child sick unexpectedly and do you need to work? CM can arrange a babysitter to take care of your sick child at your home for a special rate of 5 euros per hour (1.75 euros with VT*). For more information or to schedule a babysitter, visit www.cm.be/skoebidoe-oppas or call +32 (0)78 05 01 09.

Info-sessions

As CM Gezondheidsfonds, CM offers a range of interesting information sessions and webinars tailored to young families. The full range can be found on www.cm.be/agenda.

More info

- Information about pregnancy, birth, education .... www.cm.be/skoebidoe
- Information on all the CM services and benefits: www.cm.be/voordelen
- Information on the CM insurances: www.cm.be/verzekeringen
- Information on CM-babysitting at home: www.cm.be/oppashulp

* Further details and terms at www.cm.be/skoebidoe.
** Provided by MOB-verzekeringen CM-Vlaanderen, insurance company with its registered office in Brussels and approved under code number 150/01 to cover branch 2 ‘illness’. Company registration number: 0851.601.503. In the event of a dispute, only the general terms and conditions shall prevail. You can find these at www.cm.be/verzekeringen.
*** VT (increased reimbursement*)

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