



Special Benefits That Deliver Before You Do

A Healthy Start for Baby

Preparing for your new baby is an exciting time and you may have questions along the way. When you do, *Maternity Management* can offer you extra support to help care for yourself and your baby before you deliver.

Maternity Management is designed to help promote a healthy pregnancy and help prevent premature birth.

- Have questions about morning sickness?
- Want to know why folic acid is important?
- Or maybe you'd like to know more about prenatal testing?

Stay informed—from the first trimester through delivery—with the help of a *Maternity Management* registered nurse who can help answer these and other related questions 24 hours a day.

Maternity Management is not a substitute for the sound medical advice and care of your doctor. If you have any questions or concerns, you should discuss them with your doctor.

Extra Support for Moms-to-Be

Your *Maternity Management* nurse is only a toll-free phone call away. When you enroll in the program, you will receive:

- Access to a nurse 24 hours a day, seven days a week. This can be especially helpful whenever you have questions between visits with your doctor.
- “Your Pregnancy Week-by-Week” book and maternity care diary with useful tools like a daily pregnancy calendar, an immunization schedule, and a wallet card with an updated list of key contacts.
- Valuable child health and safety information.
- Post-delivery follow-up, including postpartum depression assessment, education and referral.

Call 866-647-6113 to enroll in *Maternity Management*.