

During this exciting time, there are many things to think about, including the health of you and your baby. You can enroll in the Maternity Management program and take advantage of one-to-one support from a registered nurse who will help you understand the phases of your pregnancy and any issues, if they occur. The Maternity Management program is available at no cost to you as part of your health benefits.

Our nurses are specialists in maternity and neonatal fields and have extensive hands-on experience. They can consult with you on topics ranging from gestational diabetes, to nutrition, to travel during pregnancy and more. Your maternity nurse specialist is here to support you throughout your pregnancy and, if necessary, will contact your physician to assist in the coordination of your care.

Your nurse will send you information that addresses special needs or health concerns you may have. Look inside to learn more about how the Maternity Management program will benefit you and your child.

Proprietary

Quality care during your pregnancy is critical to the health of you and your growing baby. Your prenatal care should begin upon the confirmation of your pregnancy.

To start speaking with a
maternity nurse
specialist today, call
1-866-353-6510



Earn a \$250.00 reward
upon completion of the
program!

Must join before your 3rd
trimester

A photograph of a pregnant woman from the waist up, wearing a bright pink sweater. She is holding her belly with both hands. The image is partially obscured by a large teal circular graphic on the right side of the page.

Your Maternity Management Program

A free program for a healthy
pregnancy and a healthy baby

How does the program work?

- When you call to enroll in the program, you will need to provide some basic health history and information about your pregnancy.
- After you are enrolled, your maternity nurse specialist will contact you by phone.
- Your maternity nurse specialist will conduct an assessment to determine your needs.
- You will receive a packet in the mail of educational information to help you reduce risk factors for yourself and your unborn child.
- Every 3 to 6 weeks, your maternity nurse specialist will contact you to see how you and your baby are progressing. This usually only takes 10 minutes, because we know that you are busy preparing for your new arrival.
- Some pregnancies may require the maternity nurse specialist to be more involved. She may call more often or send extra materials.

During your phone calls, your nurse will provide support and expert advice on how to have a healthy pregnancy and a healthy baby. Your nurse will:

- Discuss your health history
- Advise you on safe diet and exercise routines
- Identify potential pregnancy risk factors
- Discuss ways to minimize risks to you and your baby
- Answer questions and provide written materials on pregnancy and childcare issues that are a concern to you
- Direct you to available community resources for additional information

Proprietary

Free resources for you and your baby

In addition to one-to-one support from your maternity nurse specialist, you will receive – at no cost to you – an educational book with detailed information on pregnancy and caring for an infant. Your nurse may also send additional educational information as needed throughout your pregnancy.

Your maternity nurse specialist can also help you access the StrongMoms® online program for more educational information and a free baby care item that comes with samples and offers.

Oh baby, what a program!

Maternity Management is a benefit offered by your health plan to help ensure you have a healthy pregnancy and a healthy newborn.

Call today to start receiving vital information for you and your child at no cost to you!

1-866-353-6510

