



# Prenatal Care

Get support during this important time

**We want you to have a healthy pregnancy and a happy, healthy baby. Our Prenatal Program offers personal attention and resources to steer you smoothly through your pregnancy and beyond.**

Our program includes:

- A pregnancy assessment to determine if you need extra support
- A popular pregnancy or parenting book and educational materials to guide you through your pregnancy
- Information on text4baby<sup>SM</sup>, a service that includes three free SMS text messages per week, with helpful information and timely reminders throughout your pregnancy and your baby's first year
- Access to a 24/7 support hotline staffed by experienced nurses

## **When extra support can help**

The Prenatal Program also helps moms-to-be who need extra support because of various factors that can affect pregnancy, such as high blood pressure, diabetes, or a history of preterm labor. A dedicated maternity nurse will call you throughout your pregnancy to provide personalized coaching and support. This extra assistance can go a long way toward helping you have a healthy pregnancy and baby! You'll also receive personalized education via our Online Care Center, to help you take charge of your health and feel your best.

The program is completely confidential and is available to you at *no additional cost*.

## **It's easy to join**

To enroll or learn more, just call **(888) 886-4596** today.

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