



# Individual support for healthy babies and moms

Get personalized help through pregnancy and delivery with the Healthy Pregnancy Program.

## Special services to help you during a special time in your life.

We want to help ensure you have a smooth pregnancy, delivery and a healthy baby. That's why we created the Healthy Pregnancy Program. By seeing your doctor regularly, and by enrolling in our Healthy Pregnancy Program, which is provided at no additional cost, for UnitedHealthcare® plan members, you'll have built-in support through every stage of your pregnancy.

## Personal attention

When you enroll in our Healthy Pregnancy Program, a registered nurse will consult with you, via the telephone, to help you determine what, if any, risks or complications could arise during your pregnancy. We can help you learn and practice healthy pregnancy habits and protect the well being of your baby. If you have individual needs, a Healthy Pregnancy Program nurse will provide one-on-one support throughout your pregnancy.

## Educational materials and resources

At [www.healthy-pregnancy.com](http://www.healthy-pregnancy.com), you can access a full range of articles covering nutrition, exercise, childbirth preparation, tips for Dads and more. Our website also offers you a Healthy Pregnancy Owners' Manual that will walk you through what to expect before, during and after your pregnancy.

## Enroll for these benefits

- Toll-free access to experienced nurses
- Identification of your risks and individual needs
- Pregnancy and childbirth education materials and resources
- Access to Online Healthy Pregnancy Owner's Manual

## 24-hour help

After you enroll in the program, you can call our maternity nurses 24 hours a day to ask questions or talk over your concerns. Call 1-888-246-7389\* toll-free whenever you choose. After delivery, many moms still find they need support or answers to their questions. Experienced nurses who can answer your questions are available to talk by phone, even after your baby is born.

## Enroll at your convenience

To get the most from the program, it's best to enroll during the first trimester of your pregnancy. But you can enroll whenever you like, up through the end of your pregnancy.

## Complimentary gift for you and your baby

Enroll in the Healthy Pregnancy Program and you'll receive a complimentary gift for you and your baby.

- ▶ *Mayo Clinic Guide to a Healthy Pregnancy*, a book that will help you learn more about your nine-month journey and offers support for the decisions regarding your care.



## Enroll today

Why wait? Get the most from the personalized attention and educational materials starting today.

You can enroll up through the end of your pregnancy.

## To Enroll:

Call 1-888-246-7389\* toll-free

Monday – Friday 8 a.m. to 8 p.m. CST

For more information visit:

[www.healthy-pregnancy.com](http://www.healthy-pregnancy.com)



\*Please note: access for questions and concerns is available 24/7, however program enrollment is limited to specific times.

This program follows national practice standards from the Institute for Clinical Systems Improvement. The Healthy Pregnancy Program cannot diagnose problems or recommend specific treatment. The information provided is not a substitute for your doctor's care.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.