

You're Expecting. Congratulations!

We've got some exciting news too.

As part of your health benefits, we invite you (or your spouse) to participate in ActiveHealth® Maternity!

It's One-on-One Help for You and Your Baby

Regular phone calls from a personal nurse will help you stay healthy during pregnancy and help you avoid problems and complications.

Someone You Can Turn to for Advice

ActiveHealth Maternity gives you direct access to your own nurse who can help you with the changes you experience during pregnancy. Your nurse can help you:

- ✓ Follow a healthy diet and lifestyle
- ✓ Understand your prenatal tests and the results
- ✓ Find a specialist if you need one
- ✓ Recognize the signs of early labor
- ✓ Take care of yourself and your newborn after delivery
- ✓ And much more!

How It Works

On your first call you'll get to know your nurse. Your nurse will set up some telephone appointments to check in from time to time. You can call your nurse whenever you have a question and as often as you like.

This program is entirely confidential. And remember, the sooner you call, the sooner ActiveHealth Maternity can be a helping hand for you and your growing family.



Call now to sign up and we'll send you a free copy of *Baby and Me*, a book packed with helpful information about pregnancy.

Call 1-866-939-4721!

Monday-Friday, 8:00am to 8:00pm, CST
Saturday, 8:00am to 1:00pm, CST



You can also scan the mobile tag into your smartphone to save the phone number.