



# Personalized Care for You and Your Baby **Great Expectations<sup>®</sup>** for health

They say having a baby changes everything. They are right about that. Whether you're expecting your first baby or you're an experienced pro, having a baby is an exciting time. We want you to feel supported every step of the way. That's why we offer our Maternity Care program through My Health Planner<sup>SM</sup>. When you enroll, you'll get access to an interactive program timed to where you are in your pregnancy.

## You can also:

- Set prenatal appointment reminders.
- Read helpful pregnancy articles on a variety of pregnancy-related topics, including all these and more:
  - Baby's growth and development
  - Exercising during pregnancy
  - When to call your doctor
  - Preterm labor
  - Birthing classes

Moms who need additional support will also have access to a dedicated care manager through in-app secure messaging.

## It's a Nine-Month Adventure

Every phase of pregnancy can bring challenges — from the morning sickness you might have at the beginning to the labor pains that tell you "it's time." In between, there's a lot to do as you prepare to welcome your baby. Our program can help you make this all-important transition to motherhood.

## Getting Started Is Easy

If we identify you are eligible for the program, you'll receive an invitation by mail, email or text. Our office hours are Monday through Thursday from 8:30 a.m. to 8 p.m. and Friday from 8:30 a.m. to 5 p.m. Eastern time.

If you have questions or would like more information, call 855-838-5897.

This program does not replace the medical care you receive from your doctor. Always check with your doctor before following any medical advice. In case of an emergency, call 911 or visit your nearest emergency room.

Focus on life. Focus on health. *Stay focused.*



BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.