

Features:

No cost for
UnitedHealthcare enrollees

Pregnancy assessment to
identify your special needs

Identification of pregnancy
risk factors and enhanced
care needs

24-hour toll-free access to
experienced nurses

Customized maternity
educational materials



Healthy Pregnancy Program

*Support. Resources.
Healthy Babies and Moms.*

That's what you can expect from the UnitedHealthcare Healthy Pregnancy Program. Our program offers you personal support through all stages of pregnancy and delivery. Whether this is your first pregnancy or you have other children, we want to give you information you need to make healthy choices during your pregnancy, birth and delivery. This program is offered at no extra charge to you, and enrolling is easy. We hope you'll take advantage of it during this very special time in your life.

Personal Attention

When you call our Healthy Pregnancy Program, a maternity consultant will fill out a pregnancy assessment with you over the telephone. They'll ask questions about your health, lifestyle and other factors that may affect your pregnancy.

The maternity consultant will review your completed assessment and determine if you have special pregnancy needs. If you are identified as a mother-to-be with special health needs, we have additional resources to help you. A maternity consultant will offer to work with you to provide individualized support throughout your pregnancy. We want to give you all the support and resources you need to work closely with your doctor so that you can have a healthy pregnancy and delivery.

Useful Information

Everyone who enrolls in the program will receive important educational information covering a wide variety of topics, such as proper nutrition, preparing for childbirth, exercise during pregnancy, warning signs and things to avoid.

After your delivery, you will continue to have access to experienced nurses who can help answer your questions.



24-Hour Help

After you enroll in the program, our maternity consultants are available 24 hours a day to answer any questions or concerns you may have. Just call **1-800-411-7984** (toll-free).

Enroll at Your Convenience

To get the best possible benefit from this program, we encourage you to enroll in the first 12 weeks of pregnancy. But you can enroll anytime it's convenient, through the 33rd week of pregnancy.

To enroll, simply call **1-800-411-7984** (toll-free) between 8 a.m. and 11 p.m. Central Time, Monday through Friday.

In addition, you can access information about the Healthy Pregnancy Program at **www.healthy-pregnancy.com**.

This program follows national practice standards from the Institute for Clinical Systems Improvement.