



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 you ensure 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, a free program 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 care coordinator will consult with you to determine what, if any, risks or complications could arise during your pregnancy. By identifying your special needs or risks, we can help you practice healthy pregnancy habits and protect the well-being of your baby. If you are identified as having special needs, a Healthy Pregnancy Program nurse will provide one-on-one support throughout your pregnancy. In addition, you may be referred to a neonatal nurse case manager for information about some of the best Neonatal Intensive Care Units (NICUs) near you so that you can make the best choices possible for your baby's health care needs. And they can help you improve the outcome if your baby does arrive early.

Enroll for these benefits

- 24-hour toll-free access to experienced nurses
- Identification of your risks and special needs
- Pregnancy and childbirth education materials and resources

Educational materials and resources

At www.healthy-pregnancy.com, you can access a full range of articles covering nutrition, exercise, childbirth preparation, tips for dads and more. Our Web site also offers you a Healthy Pregnancy Owners' Manual that will walk you through what to expect before, during and after your pregnancy. At 13 weeks of pregnancy, you can also sign up for our maternity newsletter that delivers useful baby news to your inbox twice a month.

24-hour maternity nurse line

Everyone who enrolls receives important education materials covering a wide array of topics, including proper nutrition, preparing for childbirth, exercise during pregnancy, warning signs, and things to avoid.

Free gifts and savings for you and baby

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

- Mom(me) kit and breastfeeding DVD, which focuses on the 'me' in mommy and includes information to help mothers-to-be make healthy choices during and after pregnancy.
- Discount on PJ's Comfort, a hospital-grade breast pump by Limerick, Inc.
- *Your Journey Through Pregnancy*, a book that will help you learn more about your nine-month journey and offer support for the decisions regarding your care.

You'll find information on how to receive the breast pump discount inside your Welcome Packet – and you'll receive the complimentary book immediately upon enrollment.

Enroll today

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

You can enroll up through week 33 of your pregnancy.

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 United HealthCare Insurance Company, United HealthCare Services, Inc. or their affiliates. Administrative services provided by United HealthCare Insurance Company, United HealthCare Services, Inc. or their affiliates.



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100-2254 02/09 Consumer



To Enroll:

Call 1-800-411-7984 toll-free

Monday – Thursday

8 a.m. to 11 p.m. Central

Friday – 8 a.m. to 8 p.m. Central

Saturday – 8 a.m. to 5 p.m. Central

More information: www.healthy-pregnancy.com



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UHCEW403959-001