

PreferredOne[®] Healthy Mom & Baby Program



The PreferredOne **Healthy Mom & Baby Program** offers expectant parents a free maternity management program with support and information to help promote a healthy pregnancy.

PreferredOne will initiate contact with expectant members identified for the Healthy Mom and Baby Program, or if you would like to get started in the program or learn more about it, please contact PreferredOne at 800.940.5049, enter 1 and ext. 3456.

Once identified as a candidate for the Healthy Mom and Baby Program you will receive an introductory letter followed by a call from a PreferredOne Enrollment Specialist inviting you to participate in the program.



Once enrolled a PreferredOne nurse will contact you to discuss your pregnancy, focusing on those areas that are potentially high risk. They will also offer you a gift of two great resources: "Great Expectations – A Guide to Enjoying Your Pregnancy" and

"A New Beginning – Your Personal Guide to Postpartum Care." The nurse will offer ongoing phone support during your pregnancy, both prenatal and postpartum, and will send you information by mail or email. Any information you provide during your phone consultations will be considered private and confidential.

You are encouraged to access the Healthwise[®] online health library at PreferredOne.com to find reliable medical information related to your pregnancy.

Upon completion of the Healthy Mom & Baby Program you will receive a \$25 gift card—choose from a number of different merchants.*

If you are an expectant parent we hope you will consider this program.

**Gift cards are a possible taxable item. Contact your tax professional for clarification.*

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HEALTHY MOM & BABY