

## Future Moms. Promoting healthy moms and healthy babies.

Pregnancy is a very exciting time! We know your goal is to have a healthy pregnancy and healthy baby. We want that for you, too. That's why we offer Future Moms, a voluntary program to help you take care of yourself and your baby before the big day arrives.

### When you join the Future Moms program, you'll receive:

- Your own health coach. This is a registered nurse with expertise in prenatal/postnatal care who will follow your pregnancy and give you individualized attention and support. You'll even get a questionnaire to evaluate your risk for preterm delivery.
- Toll-free access to a registered nurse line, 24/7, in case you've got questions or concerns.
- Phone calls or mailers based on your pregnancy status, risk status, medical history and doctor's plan of care.
- Educational materials like a prenatal book that follows your pregnancy week by week. Also, materials to help you handle the unexpected.
- Lifestyle management, pharmacy, nutrition and behavioral health counseling.
- Postpartum support and guidance in areas like breastfeeding and depression.



To enroll in the Future Moms program, just call one of our experienced, registered nurses at **(866) 664-5404**. Everything you'll need to participate in the program will be sent directly to your home. It's important to sign up as soon as possible – preferably within your first three months of pregnancy – to get the most out of the program for you and your unborn baby.

**For 24-hour online access to information about your pregnancy, visit [bcbsga.com](http://bcbsga.com) > login to Member Access > Personal Health Manager > Pregnancy**

### Expecting?

Expecting? If so, answers and support are a phone call away. Register for the Future Moms program at no additional cost or obligation by calling **(866) 664-5404**.