



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 complimentary 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. We can help you learn and practice healthy pregnancy habits that protect the well-being of your baby. If you have individual needs, a Healthy Pregnancy Program nurse will provide one-on-one support throughout your pregnancy.

Enroll for these benefits

- 24-hour toll-free access to experienced nurses
- Pregnancy and childbirth educational materials and resources
- Identification of your risks and individual needs
- Access to Online Healthy Pregnancy Owner's Manual
- Complimentary gifts and money-saving coupons



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.

24-hour help

After you enroll in the program, you can call our maternity nurses 24 hours a day to ask questions or talk over your concerns. Call **1-800-411-7984*** toll-free whenever you choose. After delivery, many moms still find they need support or answers to their questions. Experienced nurses who can answer your questions are available to talk by phone, even after your baby is born.

Enroll at your convenience

To get the most from the program, it's best to enroll during the first trimester of your pregnancy. But you can enroll whenever you like, up through your 33rd week of pregnancy.

Complimentary gifts and savings for you and baby

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

- *Your Journey Through Pregnancy*, a book that will help you learn more about your nine-month journey and offers support for the decisions regarding your care.
- Two booklets from Johnson & Johnson: *Having a Baby Changes Everything* and *What's Next?: The first days at home with your baby*. Each booklet contains money-saving coupons for many Johnson & Johnson baby products, including bath and skin products, nursing pads, and infant Tylenol®, Motrin® and Mylicon®.
- Discount on PJ's Comfort, a hospital-grade breast pump by Limerick, Inc.
- Ten percent discount at the Healthy Pregnancy Bookstore, powered by BarnesandNoble.com. As a Healthy Pregnancy program member you can receive a discount of ten percent at BarnesandNoble.com. In addition, an extra five percent discount and free shipping will be applied to orders of \$25 or more. Just visit www.bn.com/uhhealthy-pregnancy for more information.

*Please note: access for questions and concerns is available 24/7, however program enrollment is limited to specific times.

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



Printed on paper containing recycled material.



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.

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



UnitedHealthcare®
Healing health care. Together.®