

SelectHealth Healthy Beginnings[®]

Expecting? We want to help you get ready for the birth of your new baby. We encourage you to sign up for Healthy BeginningsSM, a program for moms-to-be. This program is free, and we work with your doctors to help you have a safe and healthy pregnancy.

By signing up for Healthy Beginnings, you become eligible for a cash gift or gift card when you see your doctor for each of these exams:

1. The first prenatal exam prior to the 14th week of your pregnancy
2. A postpartum exam within 50 days of your delivery date

Once enrolled in the program, you'll have the support of a registered nurse or a high-risk prenatal nurse care manager who will be available to answer your questions, give referrals, and support you through your pregnancy. You will also get a welcome kit that includes these items:

- > **Great Expectations** — A book about pregnancy
- > **Book Order Form** — Choose a free book from our pregnancy and childcare library
- > **Educational Materials** — Helpful tips, pregnancy facts, the month-to-month growth of your baby, and more

To sign up for Healthy Beginnings, call **866-442-5052** weekdays, from 8:00 a.m. to 5:00 p.m.

When calling after hours, please leave a message with a phone number and the best time for us to reach you. A Healthy Beginnings representative will return your call.

NEED MORE INFORMATION?



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PHONE

866-442-5052

