



**Register in your first trimester for our free pregnancy program and receive a FREE CAR SEAT!**

# Healthy Baby Connection

PERSONALIZED SUPPORT DURING AND AFTER PREGNANCY

*Call today at 1-877-222-1240 to see if you are eligible for our FREE maternity care program. Eligibility is based on active participation in our Health Care Fund. That applies to Members, Spouse's & Dependents.*

*(All you need to join is your subscriber ID # on the back of your BlueCross BlueShield card)*

Having a baby is a life changing event, and you want everything to be perfect. Whether this is your first child, or your family is growing - you'll benefit from Healthy Baby Connection's support, guidance, tools, education and resources you need to have a healthy pregnancy. The following are some of the services provided to you:

- Personal phone calls from a nurse during and after your pregnancy.
- Consultations on diseases and medical conditions, such as gestational diabetes.
- Free nutrition education.
- Help securing research and referrals.
- Our nurse can help you find a doctor during your first trimester and answer any questions you may have.
- Depression screenings.
- Help knowing what questions to ask your Doctor and symptoms to bring to his/her attention.
- Postpartum education and materials for up to eight weeks after your baby is born.



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