



HEALTH SUPPORT

# SPECIAL BEGINNINGS®

Get a healthy start to your pregnancy

Expecting a new arrival?

Want a healthy, full-term pregnancy?

Give us a call at 1 (888) JOY-BABY!

## We can help you and your baby get off to a great start

When you're expecting a bundle of joy, you want to do everything you can to ensure your baby is healthy. That's why we offer Special Beginnings. It can give you information, support and comfort during these nine life-changing months. **Special Beginnings is not insurance but is offered in addition to your medical plan to help you get information and support when you need it.**

## Expert guidance day or night

As a mom-to-be, you're filled with anticipation...and questions. Sometimes you may even need answers in the middle of the night. With Special Beginnings, you'll have 24/7 access to our nurse line. Getting answers and reassurance right away can take a load off your mind.

Special Beginnings helps you stay well-informed about what to expect throughout your pregnancy. And that increases your chances of having a healthy pregnancy and trouble-free delivery.

**WELL TIP** ▶ *You'll get the most out of the program if you start right away. It's never too early to make a difference in your baby's health. So call today!*





### Supporting your doctor's care

Getting regular prenatal care from a medical professional is the most important thing you can do for yourself and your baby. Special Beginnings is not a substitute for seeing your doctor. Instead, it reinforces your doctor's care. Whether you're experiencing a normal or high-risk pregnancy, you'll benefit from Special Beginnings. Here's what to expect:

- Regular contact from an assigned program nurse (if high-risk)
- Guidance through the health care system
- Reinforcement of your doctor's care guidelines
- 24/7 access to a toll-free nurse line

**If you're pregnant or would like more information about the program, call 1 (888) JOY-BABY (569-2229).**