



Individual support designed with healthy babies — and their moms — in mind.

From pregnancy through delivery, get personalized support with the Healthy Pregnancy Program.

Special services to help you during a special time in your life.

We want you to have 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 (provided at no additional cost to 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 registered nurse will consult with you, via the telephone, to help you determine what, if any, risks or complications could arise during your pregnancy. We can help you learn and practice healthy pregnancy habits and 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.

Learn more with educational materials and resources.

At cx.uhc.com/uhcpregnancy, you can access a full range of articles covering nutrition, exercise, childbirth preparation, tips for dads and more.

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Enroll for these benefits:

- Toll-free access to experienced nurses.
- Identification of your risks and individual needs.
- Pregnancy and childbirth educational materials and resources.



The UnitedHealthcare Healthy Pregnancy app.

- Connect with a Nurse
- Track milestones.
- Set reminders.
- Get daily tips.
- Find resources.

Available from the App Store® or Google Play™.

24-hour help is a phone call away.

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 **1-877-201-5328** 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 the end of your pregnancy.

Enroll today.

Get the most from the personalized attention and educational materials starting today. You can enroll up through the end of your pregnancy.

Remember
to add your new baby
to your health coverage
immediately after birth.



Call 1-877-201-5328 toll-free
Monday through Friday,
8 a.m. to 8 p.m. CST.



Visit cx.uhc.com/uhcpregnancy
for more information.

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 or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

MT-1121947.0 6/17 ©2018 United HealthCare Services, Inc. 18-8677

