



If your plans include motherhood, we have a program especially for you.

Could a baby be in your future? If so, call the **Future Moms** program as soon as you know you are pregnant, so we can help you take care of yourself and the new addition to your family.

Every pregnancy is different. Whether this is your first time or you're already someone's mom, you'll probably have plenty of questions. But don't worry. You can turn to Future Moms for answers from nurses who specialize in caring for expectant mothers.

When you enroll in Future Moms, you'll get:

- Toll-free access to registered nurses you can call 24 hours a day, seven days a week to discuss pregnancy topics. Even when you see your doctor on a regular basis, questions can come up between visits or after office hours.
- A book that gives you detailed information about your pregnancy week-by-week and offers helpful tips for dads, too.
- A card you can keep with you to record your baby's due date and phone numbers for your health care team and your emergency contact.
- A magnetic, erasable board you can put on the refrigerator to leave important information for your babysitter in plain view.
- A childhood immunization schedule and suggestions on ways to keep your newborn safe.

Future Moms nurses work with you and your doctor to identify possible risks and help you give your baby the best start in life. We offer all this and more at no additional charge to you, since Future Moms is included with your health plan.

Our goal for you is nothing less than a healthy pregnancy and a healthy baby. Call us toll free at **866-664-5404** as soon as you know you are pregnant.



BABIES“R”US GIFT CARD

In addition, if you enroll in the Future Moms program during your first trimester and complete the assessment questionnaire sent to you upon enrollment, you will receive a \$30 gift card to Babies“R”Us.

Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece al dorso de su tarjeta de identificación o en el folleto de inscripción.