



It pays to plan ahead

Share the good news about your pregnancy with family and friends. And add your Future Moms program to the list!

Future Moms is your pre-natal health program. It's free, confidential, and your dedicated Nurse Coach will help you make healthy choices throughout your pregnancy.

Call Future Moms as soon as you know you're pregnant. Whether it's your first child or you're already a mom, we can help you prepare for your new, very special delivery.

P.S. Remember to add your newborn to your health coverage within 60 days of birth!

Special offer for COVA Care members. Your health plan will pay the \$300 maternity hospital stay copayment if you:

- Enroll during your first trimester (14 weeks).
- Get your teeth cleaned during pregnancy.
- Complete the Future Moms program.

Future Moms
800-828-5891

Anthem  



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