

Future Moms

Launching bright beginnings

Pregnancy can be an exciting time filled with hopes and dreams for your baby! The most important thing you can do right now to make those dreams come true is to take good care of yourself.

That's why we offer Future Moms, a program designed to help you have a safe delivery and a healthy child. The sooner you enroll, the more you'll benefit. As soon as you know you're expecting, just pick up the phone and call one of our experienced, registered nurses at **866-535-5321**. They'll send everything you need to participate right to your home. You'll get:

- Access to registered nurses you can call 24 hours a day, seven days a week for answers to your questions about important topics such as pregnancy, labor, nursing and postpartum depression.
- A helpful prenatal care book – *Your Pregnancy Week by Week* and more educational materials to help you handle any unexpected events.

EXPECTING?

Answers and support are just a phone call away. Register for the Future Moms program at no additional cost by calling our toll-free number: **866-535-5321**.



- Screening by a registered nurse to see if you might be at risk for depression or premature delivery.
- Useful tools to help you, your doctor and your Future Moms nurse keep track of your pregnancy and spot possible risks.
- Free phone consultations with a dietitian, pharmacist, exercise physiologist or licensed behavioral health clinician, if needed.

Anthem 
Health. Join In.



This program is an additional benefit available to participants who are enrolled in the medical plans. The official plan documents, including the Summary Plan Descriptions, contain details about your eligibility and benefits, including but not limited to, procedures and exclusions under the medical plans. If there is a discrepancy between this information and your applicable Summary Plan Description (SPD), the SPD will govern. In addition, this information is not a guarantee of benefits, and Verizon retains the right to modify or terminate benefits at any time for any reason. In addition, this information is provided for educational purposes only, and should not be interpreted as medical advice. Please consult with your doctor for medical advice about changes that may affect your health and before taking any medications or beginning any lifestyle program.

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