

# Get personalized help through pregnancy and delivery with the Healthy Pregnancy Program. And earn \$125!

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

Whether you are pregnant now or planning a pregnancy, the UnitedHealthcare Healthy Pregnancy Program delivers the support and resources you need — all at no extra charge to you as a UnitedHealthcare plan member.

## Personal attention.

When you call our Healthy Pregnancy Program, a care coordinator will fill out a pregnancy assessment with you over the telephone. They'll ask questions about your health, lifestyle and other factors that may affect your pregnancy. The care coordinator will review your completed assessment and determine if you have special pregnancy needs. If you are identified as having special needs, a nurse will offer to work with you to provide individualized support throughout your pregnancy. We want to give you all the support and resources you need to work closely with your doctor so that you can have a healthy pregnancy and delivery.

## Education materials and resources.

At **healthy-pregnancy.com**, you can access a full range of articles covering nutrition, exercise, childbirth preparation, tips for dads and more. Our website also offers you a *Healthy Pregnancy Owner's Manual* that will walk you through what to expect before, during and after your pregnancy (**mypregnancymanual.com/uhc**). At 13 weeks of pregnancy, you can also sign up for our maternity newsletter that delivers useful baby news to your inbox twice a month.

Everyone who enrolls receives important education materials covering a wide array of topics, including proper nutrition, preparing for childbirth, exercise during pregnancy, warning signs and things to avoid.

### To qualify for \$125 in gift cards\*

1. Register during your first trimester by completing the initial assessment with a nurse. **EARN A \$25 GIFT CARD.**
2. Complete the outcome assessment following your delivery (as long as you registered and completed the initial assessment before the end of your second trimester). **EARN A \$100 GIFT CARD.**

Please allow approximately 8–10 weeks for delivery of your gift card from the time of assessment completion.

- ▶ To enroll: Call **1-888-246-7389** and follow the prompts; Monday — Friday, 8 a.m. to 8 p.m. CT
- ▶ More information: **healthy-pregnancy.com**

\* The gift card will be reported as taxable income.

The Healthy Pregnancy 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.

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## A free gift for you!

Enroll in the Healthy Pregnancy Program and you'll receive a complimentary copy of *Your Journey Through Pregnancy*, a book that will help you learn more about your nine-month journey and offer support for the decisions regarding your care. You'll receive your complimentary book immediately upon enrollment.

