



## Healthy Beginnings Maternity Management

### We're Here To Help:

Finding out that you're expecting a child is often a joyous time, but it can also be confusing and overwhelming. The Healthy Beginnings Maternity Management program provides you with a personalized approach to your pregnancy through access to experienced nurses and relevant educational resources. The Healthy Beginnings program emphasizes proactive communication with you and your healthcare providers to ensure you and your baby receive the best possible care. This confidential service is part of your health plan and is available to you at no charge.

### Program Goals:

- Prevention of premature / low birth weight infants
- Fewer pregnancy-related complications
- Reduction in cesarean section rate
- Avoidance of unnecessary testing and medical costs

### Features:

- Support from a registered nurse with extensive maternity management experience
- Screening and risk assessment to reduce risk factors and monitor your health status
- Assistance throughout each stage of pregnancy, from first trimester to post delivery



### High-Risk OB Case Management

Our skilled and compassionate nurses are here to help you every step of the way:

- Collaborate with you and your doctors to form a support system for your family and maximize coordination of care
- Assist with earlier identification of complications and help you find better opportunities for prevention and treatment
  - Early identification / intervention can prevent pre-term births and other complications from pregnancy