



# A HEALTHY START BEGINS HERE

Cigna Healthy Pregnancies, Healthy Babies

Proud Supporter



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Together, all the way.®



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# WHERE DO YOU START?

Each woman's journey to motherhood is unique. Enrolling in the Cigna Healthy Pregnancies, Healthy Babies® program is an important first step toward a healthy future for you and your baby.



## NALC Health Benefit Plan Members, Get Started Now

We can help you stay healthy before and during your pregnancy and in the days and weeks following your baby's birth. To enroll, High Option members should call **877.220.6252**. CDHP/Value Option members should call **855.511.1893** to enroll.

### Plan for a healthy pregnancy

When you enroll before becoming pregnant, we can help you be as healthy as possible. You'll have access to preconception planning tools and resources, including information from the March of Dimes on:

- ▶ Eating right
- ▶ Maintaining a healthy weight
- ▶ Taking prenatal vitamins
- ▶ Stopping alcohol and tobacco use
- ▶ Controlling any medical conditions you may have

Have questions? Call our toll-free number anytime to speak with a Cigna case manager or coach who are pregnancy specialists, have nursing experience and can help you find in-network health care providers.

### Find pregnancy support early and often

During your pregnancy:

- ▶ Tell us about you and your pregnancy so we can meet your needs.
- ▶ Ask us anything – your coach, who has a nursing background, is there to support you during your whole pregnancy.
- ▶ Get a pregnancy journal with information, charts and tools.

### Learn as much as you want

Get live support 24 hours a day, seven days a week. Just call our number to talk with a pregnancy coach who has nursing experience and can help you with everything from tips on how to handle your discomfort during pregnancy to birthing classes and maternity benefits.



All Cigna Healthy Pregnancies, Healthy Babies services are confidential.