

Maternity Support Program

Personalized support before, during and after your pregnancy

A healthy pregnancy helps ensure a healthy mom and baby. The Maternity Support Program offers you and your dependents health and educational support from the time you consider starting or expanding your family, through the first few months of your new baby's life. This free, confidential program is offered to you as part of your regular benefit package.

Access to a dedicated nurse

The Maternity Support Program gives you access to your own personal maternity nurse who will answer questions about many topics including: preconception health, pregnancy, high-risk births, and taking care of newborns. When you enroll, your maternity nurse will provide a free phone consultation. The nurse will keep in touch with you throughout your pregnancy, and after you give birth with additional consultations. These important consultations help us understand your unique care needs and also uncover vital risk factors so you receive appropriate care.

Support for your special health care needs

If your pregnancy is considered high-risk, the Maternity Support Program can provide you with specialized support services created specifically for high-risk pregnancies. Our experienced nurses are available to you throughout your pregnancy to provide answers, support and guidance.

Customized maternity education materials

A dedicated nurse will provide you with information to support you during your pregnancy. When you enroll, you'll receive important education materials covering a wide range of topics based on your unique needs. Topics include: eating healthy, prenatal care, exercise, information on how your baby grows, premature labor, and more. You'll also receive a free book to further help keep you informed.



Enroll today.
1-800-387-7508
Monday through Friday 8
a.m. to 8 p.m. CST

Enroll at your convenience

To get the most from the program, it's best to enroll during the first trimester of your pregnancy. To enroll call 1-800-387-7508.

**Remember to enroll your baby
for benefits coverage within
30 days of birth.**

