

Future Moms . . . the new Baby Benefits.

Promoting healthy moms and healthy babies.

Expecting?

Pregnancy is a very exciting time! We know your goal is to have a healthy pregnancy and healthy baby. We want that for you, too. That's why we offer Future Moms, a free, voluntary program to help you take care of yourself and your baby before the big day arrives.

One of the best things you can do for yourself and your baby is to enroll in Future Moms as soon as you know you are pregnant. It's best to sign up within your first three months of pregnancy to get the most out of the program.

Call 1-800-828-5891 to enroll, and look at what you'll receive!

- Your own health coach. This is a registered nurse with expertise in prenatal/postnatal care who will follow your pregnancy and give you individualized attention and support. You'll even get a questionnaire to evaluate your risk for preterm delivery.
- Toll-free access to a registered nurse, any time day or night, in case you have questions or concerns along the way.
- A prenatal book to help you follow your pregnancy week by week. Also, materials to help you handle the unexpected.
- Postpartum support and guidance in areas like breastfeeding and depression.



It's all free.

It's confidential.

**And it's something very
special for you and your baby.**

**Call Future Moms
1-800-828-5891.**

Anthem 

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