Future Moms

Launching bright beginnings

Pregnancy can be an exciting time filled with hopes and dreams for your baby! The most important thing you can do right now to make those dreams come true is to take good care of yourself.

Research shows that mothers-to-be who are well-informed make good choices that often result in healthier pregnancies. That's why we offer **Future Moms**, a program designed to help you have a safe delivery and a healthy child.

The sooner you enroll, the more you'll benefit from Future Moms. As soon as you know you're expecting, just pick up the phone and call one of our experienced, registered nurses. They'll send everything you need to participate right to your home. You'll get:

- A toll-free number you can call for answers to your questions about important topics such as pregnancy, labor, nursing and postpartum depression. The line is staffed by registered nurses 24 hours a day, seven days a week.
- A helpful prenatal care book – *Your Pregnancy Week by Week.*
- Educational materials to help you handle any unexpected events.
- Screening by a registered nurse to see if you might be at risk for depression or premature delivery.
- Useful tools to help you, your doctor and your Future Moms nurse keep track of your pregnancy and spot possible risks.
- Free phone consultations with a dietitian, pharmacist, exercise physiologist or licensed behavioral health clinician, if needed.

EXPECTING?

Answers and support are just a phone call away. Register for the Future Moms program at no additional cost by calling our toll-free number: 800-828-5891.

To learn more, log in to **anthem.com** today. Not registered? Sign up now for access to personalized service and resources. It's fast, easy – and secure.

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