



“This is my first pregnancy
—what do I really need to know?”

“I’ve had complications before
and want more support.”

“It’s a little overwhelming.
I just need some help.”

Healthy Pregnancy

Helping you get the best for you and your baby

The birth of a baby can be one of life’s most joyful – and nervous – times. When it’s time to begin planning, it’s nice to have the reassurance of an experienced nurse to guide you along the way. This is Medica’s Healthy Pregnancy Program. With the help of a maternal health nurse, you’ll:

- Learn what to expect during your pregnancy, labor and birth
- Identify the signs of pre-term labor and other pregnancy complications
- Get help coordinating your care and navigating the system
- Find out about pregnancy and childbirth classes in your area
- Get information on how to sign up for helpful weekly pregnancy-related text messages
- Get access to other Medica programs so you get the most from your benefits

FEATURES

- The same nurse works with you so she gets to know your needs
- A workbook guides you through each stage of your pregnancy
- Facebook page, [facebook.com/nurturing2](https://www.facebook.com/nurturing2), provides a chance to interact with nurses and other members



To get started, call **1-888-992-3875** or visit member.medica.com/HealthyPregnancy

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