



## MATERNITY WELLNESS

### PERSONALIZED CARE FOR YOU AND YOUR BABY

Whether you're expecting your first baby or you're an experienced pro, having a baby is an exciting time. We want you to feel supported every step of the way. That's why we offer our Maternity Care program through the My Health Planner<sup>SM</sup> app.

#### Interactive Maternity Coaching Support

My Health Planner is an interactive app that guides you through your customized pregnancy program. The My Health Planner app gives you access to:

- ◆ Secure messaging with your care manager, a health care professional with experience in obstetrics.
- ◆ Educational information about each stage of pregnancy.
- ◆ Periodic check-ins through short surveys.
- ◆ A space where you can set reminders and log medications.

#### If you are pregnant, it is easy to get started:

You may receive an invitation by phone, text message, email or postcard.

- ◆ Download the My Health Planner app: Visit [www.MyHealthPlanner.com](http://www.MyHealthPlanner.com) to download the app.
- ◆ Create an account: Open the app and choose **Sign Up**.
- ◆ Enter your access code: **MATCARE**.

If you've already downloaded the app, no further action is needed.

For more information, call 855-838-5897 and select the maternity option.



# SPECIAL DELIVERY!



Becoming a mom is an exciting time in one's life. The journey from pregnancy, to birth, to postpartum can be overwhelming. We are here to help! We offer plenty of resources in every stage of the maternity journey.

You can connect with resources and a care manager through My Health Planner<sup>SM</sup>.

Use code **MATCARE** or scan the QR code to sign up today!



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FL-221187-8-2025