

# MATERNITY CARE

Personalized care for you and your baby

They say a baby changes everything. They are right about that. You are bound to have questions about the transitions that lie ahead.



## We're here to help!

Your health plan includes a free maternity care program designed to provide information and support during your pregnancy and postpartum period.

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

- ◆ You may receive an invitation by phone, text message, email or postcard.
- ◆ You can call **855-838-5897** and let us know you are expecting.
- ◆ You can visit **My Health Toolkit®** and click on the **Maternity** link under the **Wellness** menu.

You will be asked to take a short assessment online or by phone to complete your enrollment. Then you'll get access to **My Health Planner<sup>SM</sup>**, an interactive app that guides you through your customized pregnancy program. Through the app, you will receive educational information about each stage of pregnancy and be asked to "check in" periodically through quick 3 – 5 question surveys. Your Care Manager, a health care professional with experience in obstetrics, will review your progress and may reach out to you by phone to offer support. You can also use the app to send and receive secure messages to your Care Manager, set reminders, log medications, and more.



To learn more, log in to **My Health Toolkit**, select the **Wellness** tab, and then click **Maternity**. Or call the care management team at **855-838-5897**.