

# Nine months. Many questions.

Future Moms can help —  
any time, any day

Having a healthy baby is every mom's goal. And it starts with a healthy pregnancy. You want to make the right choices and take care of yourself so you can reach that goal. But it's not always easy to do it alone.

That's why there's Future Moms. It's a program that can answer your questions, help you make good choices and follow your health care provider's plan of care. And it can help you have a safe delivery and a healthy child.

Sign up as soon as you know you're pregnant. Just call us toll free at **the Member Services number located on your ID card**. One of our registered nurses will help you get started. You'll get:

- A toll-free number you can use to talk to a nurse coach any time, any day, about your pregnancy. A nurse may also call you from time to time to see how you're doing.
- A book that shows changes you can expect for you and your baby during the next nine months.
- A screening to check your health risk for depression or early delivery.
- Other useful tools to help you, your doctor and your Future Moms nurse keep track of your pregnancy and help you make healthier choices.
- Free phone calls with pharmacists, nutritionists and other specialists, if needed.
- A booklet with tips to help keep you and your new baby safe and well.
- Other helpful information on labor and delivery, including options and how to prepare.



## It's easy to join

Sign up for Future Moms by calling us toll free at **the Member Services number located on your ID card**.  
There's no extra cost to you.



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# Support for little bumps and big bumps

Give mom and baby the help they need with Future Moms

Nine months can feel like a long time for dads-to-be. Do you wish you could do more while waiting for the big day? You can. Ask your partner to sign up for Future Moms. If she's covered by your health plan, there's no extra cost. Just call us toll free at the **Member Services number located on your ID card**.

Future Moms can help your mom-to-be get the care she needs and make healthy choices. This can mean a safer delivery and a healthier baby.

After a mom-to-be signs up, a Future Moms registered nurse will call to help mom check for risks during pregnancy. And the nurse will keep in touch to help her stay on track. Your baby's mom will also get:

- A toll-free number you both can use to talk to a nurse coach any time, any day about the pregnancy.
- A book that shows changes to expect for mom and baby during the next nine months. It has tips to keep mom happy and healthy, too.
- A booklet with tips to help keep mom and baby safe and well.
- A screening to see if she might be at risk for depression or early delivery.
- Other useful tools to help you and the mom, your doctor and your Future Moms nurse keep track of the pregnancy and any risks.
- Free phone calls to pharmacists, nutritionists and other specialists, if needed.



## Ask your baby's mom to sign up for Future Moms

If she's covered by your health plan, she can join Future Moms as soon as she knows she's pregnant.

It's easy. Call us toll free at the **Member Services number located on your ID card**.