



# IF YOU ARE PREGNANT, JOIN BABY BLUEPRINTS®!

Expectant mothers who live a healthy lifestyle are more likely to have a healthy baby. But having a baby can be an over-whelming event filled with questions and confusion.

To help expectant mothers better understand every stage of pregnancy and make more informed care and lifestyle-related decisions, we are offering Baby Blueprints Maternity Education and Support Program.

This free program provides members with access to in-depth educational information on all aspects of pregnancy through multiple online offerings. Baby Blueprints also gives participants access to individualized support throughout their pregnancy from a nurse Health Coach.

Enrolling in Baby Blueprints is convenient. Expectant mothers simply call toll-free at 1-866-918-5267 to enroll over the phone. They will then receive a confirmation mailing with helpful pregnancy tips.

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The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

CHÚ Ý: Nếu quý vị nói tiếng Việt, chúng tôi cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Xin gọi số điện thoại ở mặt sau thẻ ID của quý vị (TTY: 711).

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