

A HEALTHY START STARTS HERE



Cigna Healthy Pregnancies, Healthy Babies®

Where do you start?

This program is designed to help you and your baby stay healthy during your pregnancy and in the days following your baby's birth.

Find support early and often

- › Tell us about you and your pregnancy so we can meet your needs.
- › Ask us anything; your nurse coach is there to support you during your whole pregnancy.
- › Get a pregnancy journal with information, charts and tools.

Learn as much as you want

Get live support 24 hours a day, 7 days a week. Just call **800.615.2906** to:

- › Talk to a nurse who can help you with everything from tips on what foods to avoid to birthing classes and maternity benefits.
- › Access an audio library of maternity and general health topics.

Or visit the **Healthy Pregnancies, Healthy Babies** webpage on myCigna.com for tools to help you track your pregnancy week by week, prepare for delivery and care for your baby.



As soon as you know you are pregnant, call **800.615.2906** to enroll.



YOU'RE EXPECTING.

That means you're going to be choosing a name. Looking for a pediatrician. And seeing big changes – to your body and your lifestyle.



Together, all the way.®

