

# 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](http://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.®

