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# HEALTHY PREGNANCY

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## Program Overview

The HPI Healthy Pregnancy Program helps expecting moms get optimal care and answers to all of their questions - from pregnancy, to delivery, to postpartum care. Throughout this program you will have access to one-on-one support from a Healthy Pregnancy Care Coordinator. Program details include:

- A Healthy Pregnancy Care Coordinator will schedule one call for each trimester as well as a post-delivery call to assess your current health and answer any questions or concerns you might have.
- During your first trimester, your Care Coordinator will discuss the program and how it can help you throughout your pregnancy. You will receive a welcome letter and the book, **Mayo Clinic Guide to a Healthy Pregnancy**. They will discuss the plan of care for your pregnancy, the delivery of your baby and after the delivery.
- After your baby is born you will receive the book, **What to Expect the First Year**.

## Additional Program Features, Tips, Tools & Support

- Online resources for a healthy pregnancy at [bmc.healthplansinc.com/healthy-pregnancy](http://bmc.healthplansinc.com/healthy-pregnancy)
- Valuable tips and reminders with Text4Baby
- Scheduled check-in calls with your care coordinator each trimester
- Discuss preventive care and questions to bring to your obstetrician
- Learn about healthy lifestyles in pregnancy, including nutrition, weight gain, hydration, and exercise

## Eligibility

Enrolled in a BMC employee medical plan with Health Plans, Inc.

## How to get started

You may email [HealthyPregnancy@healthplansinc.com](mailto:HealthyPregnancy@healthplansinc.com) or call 888.975.8185, option 2 and leave a confidential voicemail message. Please note this phone line is not staffed, but a Health Pregnancy Case Manager will return your call to answer your questions and enroll you into the program.

## Questions

If you need assistance, please call 888.975.8185, option 2

## Let us know what you think!

If you would like to provide feedback on your experience with this program, please email the BMC Benefits Team at [benefits@bmc.org](mailto:benefits@bmc.org).