

Receive Support During **Your Pregnancy**

Learn How to Prepare for a Healthy Delivery
with an Individualized Care Plan



MEDICAL MUTUAL®

Living Well During Your Pregnancy

Every pregnancy is different, but each one shares the same goals—a healthy pregnancy and delivery for mom and baby. Take an active role in ensuring your pregnancy is as healthy as possible with a personalized pregnancy plan from Medical Mutual’s Maternity Program.

A trained health coach can help you learn more about prenatal care, labor and delivery with self care strategies that supplement the treatment you receive from your doctor. With our program tailored to your needs, you can rest assured you’re in good hands. In fact, 95 percent of program participants said they were “satisfied” with our Maternity Program.

Program Highlights

No out-of-pocket cost for program participation:

- Access to a nurse throughout your pregnancy and for six weeks after delivery
- Your Journey Through Pregnancy, a helpful reference book
- Smoking cessation assistance through our QuitLine program, if needed

Enroll Today

Call us at (800) 861-4826 and select option 1 to check eligibility and enroll.

These recommendations are for your information only. They do not take the place of your doctor’s advice, diagnosis or treatment. You should make decisions about your care with your doctor. What is covered by your plan will be based on your specific benefit plan.
