



Support for a healthy pregnancy

Are you a mom-to-be? Or planning to be? We can help you prepare for a healthy pregnancy! Healthy Pregnancy is a FREE program for women who are pregnant or planning a pregnancy.

Here's what's included:

- Online pregnancy assessment or planning assessment
- E-mails with tips for a healthy pregnancy
- Personalized phone coaching from a registered nurse for those identified as at risk for a difficult pregnancy
-

To get started, go online to

and log on to your secure account. If you forgot your password, click on "Need help logging on?" If this is your first time logging on, click on "Create username and password." Go to the Health and Wellness tab and select Healthy Pregnancy.

 **HealthPartners**[®]
Your health. Your partner.SM

Then it's as easy as 1-2-3!

1. Take a pregnancy assessment or planning assessment

Take a 10-minute, confidential online assessment to gauge your prenatal health. There is even a separate assessment for women who are planning a pregnancy.

2. Get e-mails from the experts

Watch your e-mail box for tips and information tailored for your specific stage of pregnancy or planning.

3. Get specialized personal support

If you are identified to be at risk for a difficult pregnancy, you will be contacted by a registered nurse for personal coaching by phone to help keep you and your baby healthy.

With HealthPartners, you can call our 24/7 BabyLine, a phone service staffed by specially trained nurses who focus on expectant and new parents, up to six weeks after delivery. Call 612-333-2229 or 1-800-845-9297.

Call Member Services at

if you have any additional questions.