



*Are you a mom-to-be?*

## We can help you prepare for a healthy pregnancy!

- FREE online assessments for women who are pregnant or planning a pregnancy
- Timely e-mail newsletters with tips for a healthy pregnancy
- Personalized coaching\* from a registered nurse
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**Sign up today!**

Log on to  
and go to the Health and Wellness tab.

 **HealthPartners**<sup>®</sup>

*Your health. Your partner.*<sup>SM</sup>

*\*Specifically for those at risk for a difficult pregnancy.*