

Healthy Pregnancy



Your partner for a healthy pregnancy

Are you a mom-to-be? Or are you planning to be?
We can help you prepare for a healthy pregnancy!

What you get

Healthy Pregnancy is a free program for women who are pregnant or planning a pregnancy. Here is what is included:

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



It's as easy as 1-2-3!

1 Take a pregnancy 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.

Even if you are not at risk and have questions, you can call our 24/7 BabyLine, a phone service staffed by specially trained nurses to help expectant and new parents, up to six weeks after delivery. Call **612-333-2229** or **1-800-845-9297**.



To get started, log on to your secure account at **healthpartners.com**.

Then go to the Health and Wellness tab and select Healthy Pregnancy.

If you have questions, please call Member Services at **952-883-5000** or toll-free at **1-800-883-2177**.