



## 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's what's included:

- Online pregnancy assessment or  
planning assessment
- Timely e-mail newsletters with tips  
for a healthy pregnancy
- 24/7 access to BabyLine, a phone  
line staffed with OB/GYN nurses
- Personalized phone support from a  
registered nurse for those who are  
identified as at-risk for a difficult  
pregnancy



# Healthy Pregnancy

To get started with the Healthy Pregnancy program, log on to [healthpartners.com/allina](http://healthpartners.com/allina) and click on the "Health and Wellness" tab. Call Member Services at 952-883-7300 or toll-free at 1-877-822-6706 if you have any additional questions.

Allina Health 

Administered by  
 HealthPartners®

# Support for a healthy 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 planning assessment for women who are in the planning stages.
- 2 Get e-mails from the experts**  
Watch your e-mail box for tips and information tailored for your specific state of pregnancy or planning.
- 3 Get specialized personal support**  
You can call our 24/7 BabyLine, a phone service staffed by specially trained OB/GYN nurses who focus on expectant and new parents, up to six weeks after delivery. Call 612-333-2229 or 1-800-845-9297.

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

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## Allina childbirth classes

Allina offers a variety of childbirth classes –from delivery to breastfeeding to baby tips, you'll learn all about parenting. If you are enrolled in an Allina Medical Plan, certain classes may be eligible for reimbursement.

### What classes are eligible?

All About Babies

Childbirth Preparation:  
Weekly Series

Childbirth Preparation:  
Weekend Express

Childbirth Preparation:  
Twins, Triplets or More

Breastfeeding Preparation:  
Lactation Basics

Infant & Child CPR

Refresher Birth & Parenting  
Preparation

Vaginal Birth After Cesarean (VBAC)

Visit [MyAllina](#) for the list of all classes and a reimbursement form.



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