



# Healthy pregnancy support

Whether you're pregnant or planning a pregnancy, this can be an exciting time. It can also feel overwhelming. You may have questions or just need someone to talk to about how things are going. We're here to help.

## GET YOUR QUESTIONS ANSWERED BY A NURSE

If you're at risk for a difficult pregnancy, you'll get a call from an experienced nurse trained to work with pregnant women and their families. They'll give you the help you want and work with you and your family so you can have the best pregnancy possible. Plus, you'll get connected to valuable resources for a happy, healthy pregnancy.

## GET TIPS TIMED TO YOUR PREGNANCY

After you get started by taking the Healthy Pregnancy survey, you can choose to get helpful emails with tips about eating right, what to expect and how to stay healthy throughout your planning and pregnancy. You can also find more information and helpful tools in the Health Information Library at [healthpartners.com/healthlibrary](http://healthpartners.com/healthlibrary).

Take the survey today. Log on to [healthpartners.com](http://healthpartners.com) and click on the Well-being Tab to begin.

## GET RESOURCES FOR YOUR PREGNANCY

### Get your questions answered 24/7

If you're pregnant or have a new baby who's six weeks old or younger, call the BabyLine phone service to get quick answers about morning sickness, pre-term labor and more. Call **612-333-2229** or **800-845-9297**.

### Sign up for free texts

With text4baby<sup>SM</sup>, you'll get helpful weekly texts throughout your pregnancy and your baby's first year. All texts are free, even if you don't have a text messaging plan on your phone. Sign up by texting **BABY** to **511411** (or **BEBE** for Spanish). For more information, visit [text4baby.org](http://text4baby.org).

### Find resources online

Get helpful information and great tools for your pregnancy and planning a pregnancy online with the Health Information Library. Just visit [healthpartners.com/healthlibrary](http://healthpartners.com/healthlibrary).

## HOW TO GET STARTED

Get started by taking the Healthy Pregnancy survey. This simple, confidential survey helps us to better understand the type of support that best fits your pregnancy. If you're planning to become pregnant, there's a separate survey just for you.

Log on to [healthpartners.com](http://healthpartners.com). Then go to the Well-being Tab and click on the blue *Healthy Pregnancy survey* button. If you have questions, call Member Services at **952-883-5000** or **800-883-2177**.