Our maternity program will support you in achieving the level of health and wellness you desire during your pregnancy.

Our care managers and health coaches are here to help you identify, plan, and achieve the lifestyle changes that are most important to you during your pregnancy.

If you have any questions, please call your personal care manager at 1-866-778-6073.
When you enroll in our Maternity Health Management Program, a team of health care professionals will work with you to accomplish your personal goals. These goals might include:

- Improving your health and the health of your baby.
- Enhancing your quality of life — helping you to be happier at home, more productive in your work, and able to fully participate in your daily activities.
- Discussing with your physician medications that you are currently taking.
- Keeping a regular schedule of physician visits.

There are things you can do to improve your health and the health of your baby, as well as make your pregnancy more comfortable. Perhaps you’ve thought:

- I know I should quit smoking, but I don’t know if I can.
- I know I will gain weight, but how much is healthy?
- I know breastfeeding is good for my baby. Where can I get more information and support?

Our maternity program can help you have a healthy pregnancy. Enrolling in our program will allow our health coaches and care managers to help you:

- Identify the goals that are important to you and your baby.
- Create a plan to achieve your goals.
- Reach your goals by providing education and resources about your pregnancy.
- Get answers about your pregnancy and newborn care.