

# Healthy Beginnings maternity management



## We're here to help.

Finding out you're expecting can be a very joyous time in your life. However, it can also be a confusing time. This program provides you with a personalized approach to your pregnancy through support from experienced nurses and relevant educational resources. Our skilled and compassionate nurses are here to help you every step of the way. The program emphasizes proactive communication with expectant mothers and health care providers to ensure the best possible care for you and your baby. This confidential service is part of your health plan and is available to you at no extra cost.

### Healthy moms, healthy babies

- Our nurses can help catch potential complications sooner and help you find better opportunities for prevention and treatment
- We collaborate with you and your doctors to form a support system for your expectant family and to maximize the coordination of your care
- Early identification and intervention can reduce the risk of preterm birth and other pregnancy-related complications

### Program goals

- Prevention of premature/low birth weight infants
- Reduction in unplanned cesarean section rates
- Fewer pregnancy-related complications
- Avoidance of unnecessary testing and medical costs

### Features

- Support from a registered nurse counselor with extensive maternity management experience
- Screening and risk assessment to reduce risk factors and monitor your health
- Assistance throughout each stage of pregnancy, from first trimester to post delivery
- Help with identification of high-risk conditions and other pregnancy complications.



Starting things off on the right foot can make all the difference.  
Call the number on the back of your member ID card to learn more.

**Florida Blue**   
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