

Congratulations on Your Pregnancy!

We want to help you get ready for the birth of your new baby by inviting you to sign up for Healthy Beginnings[®], a program for moms-to-be. This program is free. It works with your doctors to help you have a safe and healthy pregnancy. By signing up for Healthy Beginnings, you become eligible for a cash gift or gift card* when you see your doctor for each of these exams:

1. **The first prenatal exam prior to the 14th week of your pregnancy.**
2. **A postpartum exam within 50 days of your delivery date.**

You will also get a welcome kit that includes items:

- > **Great Expectations** — A book about pregnancy.
- > **Book Order Form** — Choose a free book from our pregnancy and childcare library.
- > **Community Resources** — Information about childbirth and breast feeding classes and other helpful services.
- > **Educational Materials** — Helpful tips, pregnancy facts, and a prenatal newsletter.
- > **Support** — A registered nurse or a high-risk prenatal nurse care manager is available to answer your questions, give referrals, and support you through your pregnancy.



**To sign up for Healthy Beginnings, call 866-442-5052
weekdays, from 8:00 a.m. to 5:00 p.m**

When calling after hours, please leave a message with a phone number and the best time for us to reach you. A Healthy Beginnings representative will return your call.

selecthealth.org/healthybeginnings

*To be eligible for the incentive gift, you must qualify for SelectHealth benefits at the time of service. For complete information about your specific plan, please call Member Services.

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