



Future Moms is here for you

The help you need when you're expecting

If you're pregnant or planning to have a baby, Future Moms is a great resource that's available to you at no extra cost. It's a program that helps you have a safe delivery and a healthy baby. Future Moms offers more than just answers to your pregnancy questions. It guides you in making good choices for yourself and your baby while following your doctor's plan of care.

As soon as you know you're pregnant, call us toll free at **800-828-5891** to sign up. With Future Moms, you will receive:

- Access to nurses who specialize in pregnancy and childbirth.
- *The Mayo Clinic Guide to a Healthy Pregnancy*, a book that shows changes you can expect for you and your baby during your pregnancy.
- A screening to check your health risk for depression and early delivery.
- Useful tools to help you, your doctor, and your Future Moms nurse keep track of your pregnancy and support you in making healthier choices.
- Information on labor and delivery to help you prepare and understand your options.
- Personalized lactation support after your baby is born to help you with information about breastfeeding techniques, milk production, and nutrition.

If you have questions about breast pump coverage, please call the number on the back of your member ID card.

More free resources for you

For health tips about pregnancy and children, visit countthekicks.org and text4baby.org. You can text **BABY** to **511411** to receive texts to help you and your baby.

Join Future Moms at no extra cost

Simply call us toll free at **800-828-5891** to sign up for extra support.

