



healthyBEGINNINGSSM



SelectHealth Healthy Beginnings[®] is a program created just for those expecting a baby.

It is available at no additional cost to members, and is designed to work with healthcare providers to help women have a safe and healthy pregnancy.

As an incentive to participate, any pregnant woman who enrolls by the end of her sixteenth week and completes the program will receive a cash reward. Participation involves just three short phone interviews at different stages of pregnancy to discuss your health.

To enroll, please call 801-442-5052 (Salt Lake area) or 866-442-5052 weekdays, from 8:00 a.m. to 5:00 p.m.

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

Enrollment provides access to an experienced registered nurse or high-risk perinatal nurse care manager. These Healthy Beginnings experts can assist you by answering questions, offering emotional support, and providing referrals to resources available within the community.

YOU WILL ALSO RECEIVE THE FOLLOWING FREE MATERIALS:

- > A Pregnancy Planner—Full of fun facts and information
- > A Book—Choose one from three books on pregnancy, breastfeeding, or parenting
- > A Magnet—Information about signs of preterm labor and important phone numbers
- > Community Resources—including local childbirth classes

Give your baby the best start in life! Start prenatal care early and enroll in Healthy Beginnings today.

www.selecthealth.org/healthybeginnings

