



Oh baby!

Healthy pregnancy from the start

aetna[®]



Love your bump with great prenatal care

When you're expecting, what matters most is that your precious bundle arrives healthy. And that starts with you.

The Aetna Maternity Program gives you extra special support during an extra special time — at no extra cost to you. It's included as part of your Aetna medical plan.

The more you know, the healthier both of you can be

Join the Aetna Maternity Program and get these extra benefits:

- **Nurse support.** Talk with a specially trained nurse and learn about prenatal care, vaccines, what to expect before and after delivery, newborn care and much more.
- **Access to the Smoke-Free Moms-to-Be® program.** Get one-on-one nurse support to help you kick the habit for good.
- **Personalized nurse support for at-risk pregnancies.** Work with a nurse case manager if you have a heart condition or other risk that could affect your pregnancy.
- **Helpful online resources at aetna.com.** Visit your member website for information that covers choosing the right prenatal vitamins to recognizing labor symptoms.



Enroll as soon as you find out you're pregnant!

Call **1-866-574-9124**, press 5 and ask the Aetna Concierge about the Aetna Maternity Program or log in at **aetna.com > Stay Healthy**.

Complete the pregnancy risk survey by your 16th week, and get a free copy of the *Mayo Clinic Guide to a Healthy Pregnancy*.



Routine prenatal visits* are covered

100%

with network providers

*Includes the initial and subsequent history and physical exams



Use the Aetna provider search tool for the most up-to-date list of network doctors and hospitals.

Log in at [aetna.com](https://www.aetna.com) > **Find Care** today!

For dads and partners too!

If you're an expectant dad or partner, you might be asking yourself, "What am I supposed to be doing through all this?" Ease the anxieties that are a normal part of becoming a parent with the Aetna Maternity Program. Just log in at [aetna.com](https://www.aetna.com) > **Stay Healthy** for valuable information that can help prepare you for the amazing and profound changes pregnancy and childbirth bring.

Don't forget! You have 60 days from the date of birth to add your child to your Aetna medical plan.



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