

# Prenatal Program

Get support during this important time

We want you to have a healthy pregnancy and a happy, healthy baby. Blue Shield of California's Prenatal Program offers personal attention and resources to steer you smoothly while you are trying to get pregnant, during your pregnancy, and after you deliver your baby. The program is completely confidential and is available to you at no additional cost.

## The Prenatal Program includes:

- Educational materials for you to use before, during, and after your pregnancy
- A consultation with a registered dietitian to help you understand your nutritional needs before and during pregnancy
- A complimentary home pregnancy test kit
- Assessments at different pregnancy milestones to determine if you need extra support
- Your choice of a popular pregnancy or parenting book, including an option for an e-book
- Information on text4baby<sup>SM</sup>, a service that includes three free SMS text messages per week, with helpful information and timely reminders throughout your pregnancy and your baby's first year
- Access to a 24/7 support hotline staffed by experienced nurses
- Access to our online Care Center – a confidential, personalized, and interactive website with virtual health coaching, a health library, live chat with a nurse, and more. Available from your laptop, smartphone, or tablet

### When extra support can help

The Prenatal Program also helps moms-to-be who need extra support because of various factors that can affect pregnancy, such as high blood pressure, diabetes, or a history of preterm labor. A dedicated maternity nurse will call you throughout your pregnancy to provide personalized coaching and support. This extra assistance can go a long way toward helping you have a healthy pregnancy and baby.

It's easy to join. To enroll call **(888) 886-4596** or visit **[blueshieldca.com/prenatal](https://blueshieldca.com/prenatal)** to learn more.

Text4baby is a service mark of the National Healthy Mothers, Healthy Babies Coalition ([text4baby.org](https://text4baby.org)). The National Healthy Mothers, Healthy Babies Coalition has agreements with most wireless service providers to waive applicable text charges.