

# A precious addition to your family



This is a special time for you, whether it's your first baby or you're adding to your growing family. Our PRECIOUS ADDITIONS® program is here for you every step of the way, offering rewards and resources to help you have the healthiest pregnancy possible. Enrolling in PRECIOUS ADDITIONS at [HorizonBlue.com/preciousadditions](https://HorizonBlue.com/preciousadditions), connects you with information and support to help you prepare for the arrival of your newborn.

PRECIOUS ADDITIONS helps expectant parents prepare for baby's arrival:

## Rewards

- Earn a \$50 reimbursement for completing a prenatal parent class.

## Resources

- Get online access to the *Mayo Clinic Guide to a Healthy Pregnancy*, plus an interactive healthy pregnancy calendar.

## Online tools

Sign in at [HorizonBlue.com](https://HorizonBlue.com) to use online tools like:

- **Pregnant Partner Support Plan**

This web-based 28-day plan from WebMD® guides parents-to-be on what to expect throughout the pregnancy journey, emphasizing the importance of self care, such as balanced eating, focusing on mental health and exercising regularly.

- **Online Doctor & Hospital Finder**

Find in-network care easily at [HorizonBlue.com/doctorfinder](https://HorizonBlue.com/doctorfinder).

- **Treatment Cost Estimator<sup>1</sup>**



[HorizonBlue.com/preciousadditions](https://HorizonBlue.com/preciousadditions)

<sup>1</sup> Not all members registered for PRECIOUS ADDITIONS® have access to Treatment Cost Estimator. Check with your benefits administrator for details. These resources are not a substitute for the care of a doctor. If you have medical concerns or questions, contact your doctor.

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Spanish (Español): Para ayuda en español, llame al **1-855-477-AZUL (2985)** (TTY **711**). Chinese (中文): 如需中文協助, 請致電 **1-800-355-BLUE (2583)** (TTY **711**).

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