A HEALTHY START BEGINS HERE

Cigna Healthy Pregnancies, Healthy Babies

Together, all the way.®

Cigna®

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WHERE DO YOU START?

Each woman's journey to motherhood is unique. Enrolling in the Cigna Healthy Pregnancies, Healthy Babies® program is an important first step toward a healthy future for you and your baby.

Get started now

We can help you stay healthy before and during your pregnancy and in the days and weeks following your baby's birth. Call **800.615.2906** to enroll today.

Plan for a healthy pregnancy

When you enroll before becoming pregnant, we can help you be as healthy as possible. You'll have access to preconception planning tools and resources, including information from the March of Dimes on:

- Eating right
- Maintaining a healthy weight
- Taking prenatal vitamins
- Stopping alcohol and tobacco use
- Controlling any medical conditions you may have

Have questions? Call the toll-free number on the back of your ID card anytime to speak with a Cigna maternity specialist who has nursing experience and can help you find in-network health care providers.

Learn about infertility support

If you're facing difficulty becoming pregnant, your case manager can help you find a Center of Excellence for infertility in your area. We can also answer any questions about your infertility benefits, which depend on your specific plan.

Find pregnancy support early and often

During your pregnancy:

- Tell us about you and your pregnancy so we can get to know you and understand how we can help you.
- Ask us anything – your maternity specialist, who has a nursing background, is there to support you during your whole pregnancy.

Learn as much as you want

Get live support 24 hours a day, seven days a week. Just call the number on your ID card to:

- Get help with everything from tips on how to handle your discomfort during pregnancy to birthing classes and maternity benefits.
- Access an audio library of health topics.

You can also visit **myCigna.com** for tools to help you track your pregnancy week by week, prepare for delivery and care for your baby.

The **Cigna Healthy Pregnancy™ app** is another resource available to you. The app is designed to help you and your baby stay healthy during pregnancy. This valuable resource offers you an easy way to track and learn about your pregnancy. It also provides support for baby's first two years! Download the app now,* available on Google Play™ or the App Store®.

*The app is for educational purposes only. Medical advice is not provided. Do not rely on information in this app as a tool for self-diagnosis. Always consult your doctor for appropriate examinations, treatment, testing, and care recommendations. In an emergency, dial 911 or visit the nearest hospital. The downloading and use of the app is subject to the terms and conditions of the app and the online stores from which it is downloaded.

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