



# You're expecting. Congratulations! We've got some exciting news, too.

**As part of your health benefits, we invite you (or your spouse) to participate in Healthy Beginnings!**

### It's one-on-one help for you and your baby

Regular phone calls from a personal nurse will help promote healthy behavior during pregnancy and help to avoid problems and complications.

### Someone you can turn to for advice

Healthy Beginnings gives you direct access to your own nurse who can help you with the changes you experience during pregnancy. Your nurse can help you:

- Follow a healthy diet and lifestyle
- Understand your prenatal tests and the results
- Find a specialist if you need one
- Recognize the signs of early labor
- Take care of yourself and your newborn after delivery

**COVA Care and COVA HealthAware members can earn a \$300 copay waiver or HRA contribution. To qualify you need to:**

- Enroll in the Healthy Beginnings program within your first 16 weeks of pregnancy
- Actively participate in the program and complete a 28 week health assessment

### How it works

On your first call, you'll get to know your nurse. Your nurse will set up some telephone appointments to check in from time to time. You can call your nurse whenever you have a question and as often as you like.

### It's a free benefit— but you have to sign up

This benefit is free as part of your health plan coverage. But you need to call to get started. Nurses are available Monday–Friday 8:30 am–11:00 pm ET Saturday 9:00 am–2:00 pm ET.

This program is entirely confidential. And remember, the sooner you call, the sooner Healthy Beginnings can be a helping hand for you and your growing family.

**Call now to sign up, and we'll send you a free copy of *Baby and Me*, a book packed with helpful information about pregnancy.**

**Call toll-free 1-866-938-0349 Monday–Friday 8:30 am–11:00 pm, Eastern Time (ET) Saturday 9:00 am–2:00 pm ET.**



Scan the QR code into your mobile device to get a healthy start.

