

So you're having a baby



Call 800-913-4957 and talk to a health coach today!

With a new baby on the way, the best gift you can give yourself is support. We've got that covered with free one-on-one access to a health coach. Let us help you get ready for your baby and make a plan to stay healthy. Call today, and you'll even receive a free gift!

You will get:

- > Personal help during your pregnancy
- > Support after you have your baby
- > Answers to your questions about pregnancy
- > Information about help in your community
- > Breastfeeding support
- > Advice from experienced nurses
- > A free gift

You'll learn more about:

- > Normal changes to your body
- > Warning signs during pregnancy
- > Healthy foods that help your baby grow
- > Safe exercises
- > Safe medicines to use when pregnant and breastfeeding
- > Preparing for your baby's birth
- > What to expect after your baby is born
- > How to care for your new baby
- > Taking care of yourself with a new baby



Call a health coach today:

Call 800-913-4957 or
email maternity@modahealth.com.
(TTY users, please dial 711.)

modahealth.com/oebb