

# So you're having a baby



Call 877-277-7281 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



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Call 877-277-7281 or  
email [maternity@modahealth.com](mailto:maternity@modahealth.com).  
(TTY users, please dial 711.)

[modahealth.com](http://modahealth.com)