

# 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
- > 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

#### You'll learn more about:

- > Normal changes to your body
- > Warning signs during pregnancy
- > Healthy foods that help your baby grow

#### Call a health coach today:

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



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