

A Solid Start for You & Your Baby!

We care about you and your little bundle of joy!

Whether you received an invitation to join our program or just heard about it, Maternity Management is open to all women who are currently pregnant.

Why join?

It's important to take care of yourself and your baby throughout your pregnancy. Our program provides you with supportive registered nurses and educational resources to help you receive optimal prenatal care.

Our registered nurses can help identify if you may be at high-risk and refer you to case management. It's important to stay in touch throughout your pregnancy ... your condition can change to high-risk at any time. With early intervention, you can avoid serious complications.

When you join Maternity Management, you'll get one-on-one phone calls from a nurse, free educational materials and an incentive gift.*

Enrollment is Easy!

To enroll, just go to umr.com or call **800-808-4424**
It's that simple!



A UnitedHealthcare Company



Did you know?

On average, pre-term babies of mothers enrolled in our Maternity Management program tend to be:

- 2.2 weeks older and 1.5 pounds heavier than premature babies not enrolled
- Healthier and \$23,000 less expensive

SIGN UP TODAY!

It's free and confidential

No cost:

Maternity Management is a valuable benefit provided by your employer at no additional cost to you.

Confidential:

UMR takes confidentiality very seriously. It's important to know that we won't share any identifiable, personal health information with your employer. Your employer receives group information only. UMR care management programs operate in compliance with all federal and state privacy laws.

Once enrolled you'll receive ...

One-on-one phone calls with a nurse who:

- Provides comprehensive assessments
- Answers your questions
- Shares educational information throughout your pregnancy
- Encourages you to call with any questions or concerns
- Schedules your next call (every trimester)
- Sends a courtesy letter informing your physician that you're in the program (with your permission)
- Calls after your delivery to see how you and your baby are doing

No-cost educational materials in the mail:

You can choose from a selection of high-quality books and other materials containing helpful information about pregnancy, pre-term labor, childbirth and baby care.

- *Your Pregnancy Week by Week*
- *Your Pregnancy and Birth*
- *Good Housekeeping Guide to Pregnancy*
- *What to Expect when You're Expecting*
- *Nursing Mother's Companion*
- *Your Baby's First Year*

You'll also receive a free* incentive as a thank you for participating in the program, sent to you after your delivery.

*To be eligible for the free incentive gift you must enroll in your first or second trimester and continue to actively participate in the program each trimester of your pregnancy.