



Congratulations

...on your new family

HealthComp's Mommies 2 Be program helps expecting mothers have healthier pregnancies.

As an expecting mother, sometimes we need someone to turn to for advice and information. Taking advantage of this free program provides you with access to our prenatal nurses and their expertise in the care of pregnant women and newborn babies.

The goal of the **Mommies 2 Be (M2B)** Program is to help you learn about and cope with changes and special needs that can occur during this exciting time and help to give your baby the greatest chance of being born strong and healthy. The first step to having a healthy baby is knowing all you can about your own health. Although medical problems can occur, early identification aids in the success of your treatment.

HealthComp's M2B Program will provide you with a copy of educational resources. In addition, your prenatal nurse will remain available to you throughout your pregnancy and six weeks postpartum to assist you in obtaining the care you need such as:

- Diabetes classes
- Community resource referrals
- Identify and locate new providers (obstetrician and/or pediatrician)
- Prenatal care
- Obtaining a breast pump
- Smoking cessation referral

HealthComp's M2B program is not intended to replace the advice of your doctor, but rather provide you with information, support and services such as case management and pre-certifications throughout your pregnancy.

By providing the program at no cost to you, your employer has taken the first step in helping you to have a healthy pregnancy. The next step is yours.

At **HealthComp** our commitment is to you, your healthy pregnancy and a healthy baby. To get started and meet your nurse today contact us at the information provided below.

1.800.442.7247 Ext. 2415

M2B@healthcomp.com

