



## Here's to healthy beginnings!

If you're thinking about having a baby or have one on the way, the **Healthy Pregnancy Program** is here to help with information and support — throughout your pregnancy and after giving birth.

When you enroll in the program, you'll be able to work with a maternity nurse who is available to answer your questions, help you find specialized services, provide education and so much more.

**It's a special journey, and we're here to help.**

**Get started today.**



**877-440-5983**  
myuhc.com

Monday-Thursday, 8:00 a.m.–8:00 p.m. and  
Friday, 8:00 a.m.–5:00 p.m. Central Time

This service is available at no extra cost as part  
of your benefit plan. (TTY: **711**)



**Download now: the UnitedHealthcare Healthy Pregnancy<sup>SM</sup> app.**

- Track milestones.
- Set reminders.
- Get daily tips.
- Find resources.



Available from the App Store<sup>®</sup> or Google Play<sup>™</sup>.



**This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

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