



# healthyBEGINNINGS<sup>SM</sup>



SelectHealth Healthy Beginnings<sup>®</sup> is a program created just for Moms-to-be.

It's available at no additional cost—designed to work with your healthcare providers to help you have a safe and healthy pregnancy.

You can enroll at any time through your 34th week of pregnancy. As an incentive to participate early, those who enroll by the end of their sixteenth week and complete the program may be eligible for a cash reward.\* Minimum participation involves just three short phone interviews at different stages of pregnancy to discuss your health.

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**To enroll, please call 801-442-5052 (Salt Lake area) or 866-442-5052 weekdays, from 8:00 a.m. to 5:00 p.m.**

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If you call after hours, please leave a message with a phone number and the best time for us to contact you. A Healthy Beginnings representative will return your call.

As a program participant, you'll have the support of an experienced registered nurse or high-risk perinatal nurse care manager through every trimester, every question, and every tiny kick.

**YOU WILL ALSO RECEIVE THE FOLLOWING FREE MATERIALS:**

- > A Pregnancy Planner—A wallet-sized calendar full of fun facts and information
- > A Book—Choose one from several book options on pregnancy, breastfeeding, or parenting
- > A Magnet—Information about signs of preterm labor and important phone numbers
- > Community Resources—including local childbirth classes

Give your baby the best start in life! Start prenatal care early and enroll in Healthy Beginnings today.

[www.selecthealth.org/healthybeginnings](http://www.selecthealth.org/healthybeginnings)



\*Eligibility is dependent upon employer participation. For complete information about your specific plan, please call Member Services.