Welcome to SelectHealth Healthy Beginnings®, a program for moms-to-be. This program is offered at no cost to you. We work with your doctors to help you have a safe and healthy pregnancy.

If you would like to enroll in Healthy Beginnings, or if you are enrolled and have questions about your pregnancy, call us at 801-442-5052 (Salt Lake area) or 866-442-5052, from 8:00 a.m. to 5:00 p.m. If calling after hours, please leave a message with a phone number and the best time to reach you.

**THIS KIT INCLUDES:**

- A magnet — Information about preterm labor and important phone numbers.
- Community Resources — Childbirth and breastfeeding classes and other helpful services for moms-to-be.
- Educational materials — Helpful tips, pregnancy facts, the month-to-month growth of your baby, and more.

You can also choose a book from the list below. Put a 1 or 2 inside the boxes to show us your choices. Print your name and address on the form and send it back in the prepaid envelope. We’ll send you your first or second choice title, depending on availability, within three weeks.

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**Healthy Beginnings Book Choices**

- [ ] 1-2-3 Magic: Effective Discipline for Children 2-12
- [ ] The Nursing Mother’s Companion
- [ ] Healthy Sleep Habits, Happy Child: A Step by Step Program for a Good Night’s Sleep
- [ ] What to Expect The Second Year—From 12 to 24 months
- [ ] Good Housekeeping Illustrated Book of Pregnancy and Baby Care
- [ ] First Year Baby Care: An Illustrated Step by Step Guide
- [ ] Baby and Child Emergency First Aid
- [ ] HealthyLife Prenatal Self Care Guide
- [ ] Your Pregnancy and Childbirth: Month to Month
- [ ] Miscarriage: A Pamplet

**Books Available in Spanish**

- [ ] 1,2,3 Magia, Disciplina Efectiva para Ninos de 2 a 12
- [ ] Su Embarazo y Parto Mes por Mes
- [ ] El Libro Esencial para Madres Lactantes
- [ ] Mi bebe y Yo

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Name

Mailing Address

City State ZIP

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