



HEALTHY BEGINNINGS®



SelectHealth Healthy Beginnings is a program designed to help you have the healthiest pregnancy possible. This program is covered for SelectHealth members at **no added cost**. Here are a few things our nurse Care Managers can help with:

- > Support during your pregnancy
- > Answering questions
- > Learning about local programs such as, Women, Infants, and Children (WIC), food and transportation assistance, and more
- > Classes on birth, breastfeeding, and other topics
- > Help getting needed care



EXTRA PERKS

Members who join this program also get:

- > Rewards for prenatal and postnatal care*
- > Online classes through Intermountain Health
- > Help getting a breast pump



**based on SelectHealth plan type*



GET STARTED!



SelectHealth Care Managers are here for you.

Call **866-442-5052**, visit selecthealth.org/wellness/care-management, or scan the QR code below to learn more and enroll.



SelectHealth obeys federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, sexual orientation, gender identity or expression, and/or veteran status. This information is available for free in other languages and alternate formats.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電

SelectHealth Advantage: 855-442-9900 (TTY: 711) / SelectHealth: 800-538-5038.

