

# Support for little bumps and big bumps

Give mom and baby the help they need with Future Moms

Nine months can feel like a long time for dads-to-be. Do you wish you could do more while waiting for the big day? You can. Ask your partner to sign up for Future Moms. If she's covered by your health plan, there's no extra cost. Just call us toll free at **800-828-5891**.

Future Moms can help your mom-to-be get the care she needs and make healthy choices. This can mean a safer delivery and a healthier baby.

After a mom-to-be signs up, a Future Moms registered nurse will call to help mom check for risks during pregnancy. And the nurse will keep in touch to help her stay on track. Your baby's mom will also get:

- A toll-free number you both can use to talk to a nurse coach any time, any day about the pregnancy.
- A book that shows changes to expect for mom and baby during the next nine months. It has tips to keep mom happy and healthy, too.
- A booklet with tips to help keep mom and baby safe and well.
- A screening to see if she might be at risk for depression or early delivery.
- Other useful tools to help you and the mom, your doctor and your Future Moms nurse keep track of the pregnancy and any risks.
- Free phone calls to pharmacists, nutritionists and other specialists, if needed.



**Ask your baby's mom to sign up for Future Moms**

If she's covered by your health plan, she can join Future Moms as soon as she knows she's pregnant.

It's easy. Call us toll free at **800-828-5891**.