

# Support for a happy & healthy pregnancy.

Join the maternity management program.



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## Maternity Management

Work one-on-one with a registered nurse through our Maternity Management program, offered at no cost to you as part of your health benefits.

Are you or your spouse pregnant? You can get personal support from a registered nurse through the Maternity Management program. Your nurse will help you understand the phases of pregnancy and any issues, if they occur.

Our nurses are specialists in maternity and neonatal care and have hands-on experience caring for pregnant women. Your maternity nurse specialist will contact you every 3 to 6 weeks to see how you and your baby are progressing and help ensure you are on track for a happy, healthy delivery. Every pregnancy is unique, so our nurses are here to support you and answer any questions you may have.

### A maternity nurse specialist can:

- Answer pregnancy, medication, and health-related questions
- Share guidance on nutrition, activity, and healthy pregnancy habits
- Help you understand potential risk factors and next steps
- Coordinate care with your doctor when needed
- Connect you with helpful community resources

Call **1-800-451-6123** to enroll or learn more!

Want to learn more about your wellness benefit?

→ Please visit [info.emihealth.com/bewell](http://info.emihealth.com/bewell).