

PreferredOne[®] Healthy Mom & Baby Program



The PreferredOne **Healthy Mom & Baby Program** offers expectant parents a free maternity management program with support and information to help promote a healthy pregnancy.

PreferredOne will initiate contact with expectant members identified for the Healthy Mom and Baby Program, or if you would like to get started in the program or learn more about it, please contact PreferredOne at 800.940.5049, enter #1 and ext. 3456

Once identified as a candidate for the Healthy Mom and Baby Program you will receive an introductory letter followed by a call from a PreferredOne Enrollment Specialist inviting you to participate in the program



A PreferredOne nurse will contact you to discuss your pregnancy, focusing on those areas that are potentially high risk. They will also offer you a gift of "The Mayo Clinic Guide to a Healthy

Pregnancy." The nurse will offer ongoing phone support during your pregnancy, both prenatal and postpartum, and will send you information by mail or email. Any information you provide during your phone consultations will be considered private and confidential.

You are encouraged to access the Healthwise[®] online health library through PreferredOne's member website to find reliable medical information related to you pregnancy.

Upon completion of the Healthy Mom and Baby Program you will receive a \$25 Target gift card.*

If you are an expectant parent we hope you will consider this program.

**Gift cards are a possible taxable items. Contact your tax professional for clarification.*

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HEALTHY MOM & BABY