



## MATERNITY WELLNESS

### PERSONALIZED CARE FOR YOU AND YOUR BABY

Whether you're expecting your first baby or you're an experienced pro, having a baby is an exciting time. We want you to feel supported every step of the way. That's why we offer our Maternity Care program through the My Health Planner<sup>SM</sup> app.

#### Interactive Maternity Coaching Support

My Health Planner is an interactive app that guides you through your customized pregnancy program. The My Health Planner app gives you access to:

- ◆ Secure messaging with your care manager, a health care professional with experience in obstetrics.
- ◆ Educational information about each stage of pregnancy.
- ◆ Periodic check-ins through short surveys.
- ◆ A space where you can set reminders and log medications.

#### If you are pregnant, it is easy to get started:

You may receive an invitation by phone, text message, email or postcard.

- ◆ Download the My Health Planner app: Visit [www.MyHealthPlanner.com](http://www.MyHealthPlanner.com) to download the app.
- ◆ Create an account: Open the app and choose **Sign Up**.
- ◆ Enter your access code: **MATCARE**.

If you've already downloaded the app, no further action is needed.

For more information, call 855-838-5897 and select the maternity option.

