



Special attention for a healthy pregnancy and baby

Aetna Beginning Right® Maternity Program

Helping you and your baby grow healthy — together

As part of your benefits, you get the Beginning Right program. It can help you make good decisions for you and your baby. And prepare you for the exciting changes pregnancy brings.

Plus, you can:

- Learn about prenatal care, labor and delivery, newborn care and more
- Get information for Dad or partner
- Quit smoking for good with one-on-one nurse support
- Find out if you have any pregnancy risks or issues

All program materials are available in English and Spanish.

Health insurance plans are offered, underwritten or administered by Aetna Life Insurance Company and its affiliates (Aetna).

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.

Get special attention for pregnancy risks

Some women have health issues or risks that could hurt their pregnancy. If you do, you can work with a nurse case manager to lower those risks.

You may also get:

- Follow-up calls after your delivery to see how you and baby are doing
- A screening for depression
- Plus extra support, if you need it

You can take a pregnancy risk survey. Just visit your secure member website at www.aetna.com. If you take it by your 16th week, you'll get a small gift, while supplies last.

Lower your chance for early labor

If your baby is born too early, it can cause problems. So if you're at risk of an early delivery, we can help.

We'll teach you the signs and symptoms of early labor. You'll also get educational materials and hear about new treatment options.

Visit womenshealth.aetna.com.

Your online source for Mom and baby health.

**Be a healthy Mom.
Have a healthy baby.
To sign up, call
1-800-CRADLE-1
(1-800-272-3531) today.**