

A little help for moms- to-be



With a little one on the way, you have a lot on your mind. That's why we created a program that matches you with your very own maternity nurse, who will be there to help however you need. Once you sign up, you can participate by app or phone.

Once you sign up, you'll get:

- › One-on-one support from a maternity nurse
- › Helpful content for each stage of pregnancy and online pregnancy resources
- › Immunization help
- › Emotional support, during and after your pregnancy
- › Help from our high-risk maternity nurses or a certified lactation counselor if you need it

Enrolling Is Easy



Log in or register now at **[bcbst.com/myhealthymaternity](https://www.bcbst.com/myhealthymaternity)**.



Or call us at
1-800-818-8581
and press **6**, then **4**.

Monday – Friday,
8 a.m. to 7 p.m. ET



Contact your nurse to learn more about your breast pump benefits.

