

# LifeStart® Maternity Management

**The Contigo Health® LifeStart Maternity Management Program empowers participants to become actively engaged in their pregnancy and prenatal care to help promote healthier outcomes.**

LifeStart® Maternity Management Nurses work as care managers with members and the healthcare providers supporting their maternity care to promote the best outcome for both mother and child.

The program engages expectant mothers early in their pregnancy to help support moms and babies in a healthy pregnancy and to help avoid pregnancy-related complications.

The Contigo Health LifeStart® Maternity Management Program is confidential and is provided at no additional cost to the member.

// For more information about this program, please contact Heather Helmbrecht-Vines, RN, at 800-837-4762.

## The program provides:

- Continuous comprehensive health and lifestyle assessments, focusing on pre-term birth prevention.
- Dedicated Maternity Nurse care manager providing personalized counseling and information on general health recommendations to help maximize a positive health experience.
- Individualized education materials about pregnancy and childbirth.
- Breastfeeding assessment and resources, including help getting a breast pump at no additional cost to the member.
- Access to a 24/7 helpline for questions and support.
- Coordination with obstetrical plan of care.

