Wellmark®



Your baby will depend on you

You can depend on Wellmark's pregnancy support program.

Get resources to help you have a healthy, stress-free pregnancy. They're available when and where you need them with myWellmark®.

Congratulations!

Now that you're pregnant, taking care of yourself has never been more important.

You'll probably get advice from everyone — your doctors, family members, friends — about what you should and shouldn't be doing. It can be confusing and hard to know what advice to take. The Wellmark Pregnancy Support Program is here to help. By simply logging in to myWellmark, you have access to trusted and helpful online resources, like WebMD® Pregnancy Assistant and Count the Kicks®. Plus, one-on-one support from a case management nurse is available when you need it.

Log in to myWellmark for exclusive access

Wellmark's pregnancy support program is available to you 24 hours a day, 7 days a week.

Simply log in to **myWellmark.com** to get started.

A healthy beginning for your baby starts with you.

We're here to help.

Pregnancy can be wonderful. It can also be overwhelming. Visit your doctor regularly, and take advantage of our free pregnancy support program throughout your pregnancy.

What to expect

Wellmark's pregnancy support program is here for you through each stage of your pregnancy and beyond. Here's what's included:

Robust digital resources — Just log in to **myWellmark.com** for 24/7 access to our helpful online resources. We've partnered with some of the most trusted resources to provide you with the information you need when you need it, including:

- **WebMD's Pregnancy Assistant —** Learn about the stages of your baby's growth and get support throughout your pregnancy from prenatal to postpartum.
- **Count the Kicks —** Keep track of your baby's normal patterns of movement in the third trimester.

Online pregnancy assessments — Let us know about your current prenatal or postpartum health status and health history to see if you may benefit from nurse support over the phone. It's available anytime through **myWellmark.com**

Access to nurses — Rather receive support throughout your pregnancy over the phone? You can request a call from a **case management nurse by calling 800-552-3993 ext. 3727.**

BeWell 24/7® phone support — Call anytime, day or night, to connect with a real person who can answer your most pressing questions. We'll take the time to listen and address all your concerns. Call anytime: **844-84-BEWELL (844-842-3935).**

* Program participation is strictly voluntary and is offered at no additional cost to eligible members. Information provided is not a substitute for medical advice from your physician. Participation in this or other health support programs does not guarantee benefits. Please refer to your benefits document for benefit specifics. Please call Wellmark Customer Service at the number on the back of your ID card for health benefits and claims questions.

Get started with pregnancy support today!

- Log in to **myWellmark.com.**
- You can also call **800-552-3993 ext. 3727** to request a call from a case management nurse.

It's just another way Wellmark members get more from their health plan.

Wellmark

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