Be Healthy...Right From the Start



Blue Cross & Blue Shield of Mississippi's Well Mother Program offers resources to help you plan for and have a healthy pregnancy including:

- Information on exercise and nutrition during planning, pregnancy and post partum
- *my*Blue Healthy Pregnancy Tool with month-by-month tips
- Well Mother Webinar Sessions
- Individualized Wellness Coaching

Contact your Human Resources representative for more information and to enroll at no cost!
www.bcbsms.com/womenshealth

BlueCross BlueShield of Mississippi

It's good to be Blue.

BCBS 28803

www.bcbsms.com

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