



# Baby love

## Aetna Maternity Program

Everything for a healthy pregnancy

Exciting changes are coming your way. And with the Aetna Maternity Program, you can count on us to help you have a healthy pregnancy. The program is included in your Aetna® plan. So rest assured, you're getting support and resources at no extra cost to you.

### Getting started is easy

All you have to do is sign up at **aetna.com** and answer a few questions. This helps us get to know you a little better. To learn more and sign up, you can:

- Call us at **1-800-272-3531 (TTY: 711)** weekdays from 8 a.m. to 7 p.m. ET.
- Log in to your member website at **aetna.com** and look under "Stay Healthy."

You'll learn about what to expect before and after delivery, early labor symptoms, newborn care and more.

### We can also help you:

- Make choices for a healthy pregnancy
- Lower your risk for early labor
- Cope with postpartum depression
- Stop smoking

Enroll early and receive a reward when you sign up by the 16th week of pregnancy.

# Extra help for at-risk pregnancies

## Personalized nurse support

If you have a health condition or other risk that could affect your pregnancy, we can help. Our nurse case managers will work with you to manage or maybe even lower those risks.

## Helping you deliver at the right time

In most cases, full-term babies have fewer health problems than preterm babies. So if you're at risk for early labor, we'll explain the signs and symptoms and help you lower those risks. We'll also talk about treatment options.



### Visit the Maternity Support Center

This no-cost resource is available through your member website and offers information about the maternity journey. Whether you are planning for baby, already pregnant or postdelivery, it is personalized for you. It's where you can find:



Prepregnancy  
checklists



Coverage details, like  
ultrasound costs



Breastfeeding and  
postpartum support



Baby-care tips

## Ready to get started?

Log in to your member website at **aetna.com** today.

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