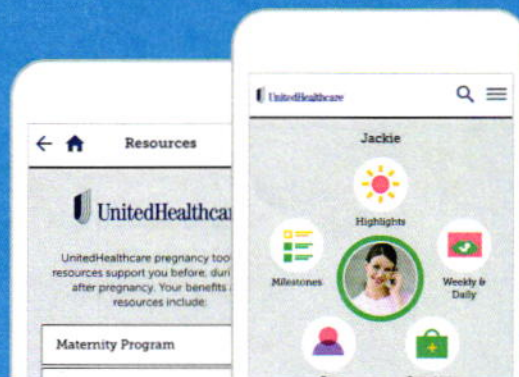


UnitedHealthcare Healthy PregnancySM

An app that offers nurse support and resources for a healthier pregnancy.



Personalized milestones

Keep track of pregnancy milestones based on due date.

24/7 nurse support

With just one-click, connect with a nurse, who can help provide answers to questions and personal support throughout pregnancy.

Reminders

Keep track of calendar appointments and set reminders to take vitamins or take a few minutes to relax each day.

Stay informed

Search symptoms and concerns that may occur, watch videos about a baby's growth, monitor weight, and track baby's movements.

Stay connected

Access UnitedHealthcare pregnancy program resources and link to pregnancy benefits and cost estimator tools.

...and more!

We're here to help.

In addition to helping with pregnancy support when using the app, members can also access 24/7 personalized support upon enrollment in the UnitedHealthcare pregnancy program. When members enroll in the program, they will be able to work with a maternity nurse who is available to help answer questions, and provide educational information to help make informed decisions throughout their pregnancy and after giving birth. Getting started in the pregnancy program is easy with just a phone call to the toll-free number shown on the health plan ID card.



Search **UnitedHealthcare Healthy Pregnancy** in the Apple® App Store® or Google Play™ store to download the app.

Download at no additional cost as part of the UnitedHealthcare health benefits!



Apple and App Store are registered trademarks of Apple, Inc. Google Play is a trademark of Google, Inc.

Registration is required to access the UnitedHealthcare Healthy Pregnancy app.

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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Individual support designed with healthy babies — and their moms — in mind.

From pregnancy through delivery, get personalized support with the Healthy Pregnancy Program.

Special services to help you during a special time in your life.

We want you to have a smooth pregnancy, delivery and a healthy baby — that's why we created the Healthy Pregnancy Program. By seeing your doctor regularly, and by enrolling in our Healthy Pregnancy Program (provided at no additional cost to UnitedHealthcare plan members), you'll have built-in support through every stage of your pregnancy.

Personal attention.

When you enroll in our Healthy Pregnancy Program, a registered nurse will consult with you, via the telephone, to help you determine what, if any, risks or complications could arise during your pregnancy. We can help you learn and practice healthy pregnancy habits and protect the well-being of your baby. If you have individual needs, a Healthy Pregnancy Program nurse will provide one-on-one support throughout your pregnancy.

Learn more with educational materials and resources.

At cx.uhc.com/uhcpregnancy, you can access a full range of articles covering nutrition, exercise, childbirth preparation, tips for dads and more.

Enroll for these benefits:

- Toll-free access to experienced nurses.
- Identification of your risks and individual needs.
- Pregnancy and childbirth educational materials and resources.

24-hour help is a phone call away.

After you enroll in the program, you can call our maternity nurses 24 hours a day to ask questions or talk over your concerns. Call **1-888-246-7389*** toll-free whenever you choose. After delivery, many moms still find they need support or answers to their questions. Experienced nurses who can answer your questions are available to talk by phone, even after your baby is born.

Enroll at your convenience.

To get the most from the program, it's best to enroll during the first trimester of your pregnancy. But you can enroll whenever you like, up through the end of your pregnancy.

Remember
to add your new baby
to your health coverage
immediately after birth.

Enroll today.

Get the most from the personalized attention and educational materials starting today. You can enroll up through the end of your pregnancy.



Call 1-888-246-7389* toll-free
Monday through Friday,
8 a.m. to 8 p.m. CST.



Visit cx.uhc.com/uhcpregnancy
for more information.

Access for questions and concerns is available 24/7, however program enrollment is limited to specific times.

This program follows national practice standards from the Institute for Clinical Systems Improvement. The Healthy Pregnancy Program cannot diagnose problems or recommend specific treatment. The information provided is not a substitute for your doctor's care.

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