

So you're having a baby



Call 877-277-7281 and talk to a health coach today!

With a new baby on the way, the best gift you can give yourself is support. We've got that covered with free one-on-one access to a health coach. Let us help you get ready for your baby and make a plan to stay healthy. Call today, and you'll even receive a free gift!

You will get:

- > Personal help during your pregnancy
 - > Support after you have your baby
 - > Answers to your questions about pregnancy
 - > Information about help in your community
 - > Breastfeeding support
 - > Advice from experienced nurses
 - > A free gift
- > Safe exercises
 - > Safe medicines to use when pregnant and breastfeeding
 - > Preparing for your baby's birth
 - > What to expect after your baby is born
 - > How to care for your new baby
 - > Taking care of yourself with a new baby

You'll learn more about:

- > Normal changes to your body
- > Warning signs during pregnancy
- > Healthy foods that help your baby grow

Call a health coach today:

Call 877-277-7281 or email maternity@modahealth.com. (TTY users, please dial 711.)



modahealth.com