

# Give your baby a healthy start

## Aetna Health Connections<sup>SM</sup> Health and Wellness Resources Beginning Right<sup>®</sup> Maternity Program

Our **Beginning Right Maternity Program** comes with your Aetna health benefits and health insurance plan. Use it throughout your pregnancy and after your baby is born.

### Learn what's best for a healthy pregnancy

Receive educational materials on:

- Prenatal care
- Signs of preterm labor
- What to expect before and after delivery
- Newborn care and more

### Get special attention when you need it most

Take our pregnancy risk survey. Find out if you have any health conditions or risk factors that could affect your pregnancy. Our nurses can give you personal case management to help you find ways to lower your risks.

If you are identified as "at risk" or "high risk," you'll receive two follow-up calls after delivery. Your nurse case manager will check in to see if you and your baby are doing well. We can also do an initial screen for depression and give even more support if needed.

We have nurses and other health educators who speak English and Spanish. Our translation service offers help in over 170 languages. All program materials are in English and Spanish.

### Quit smoking — for your health and your baby's

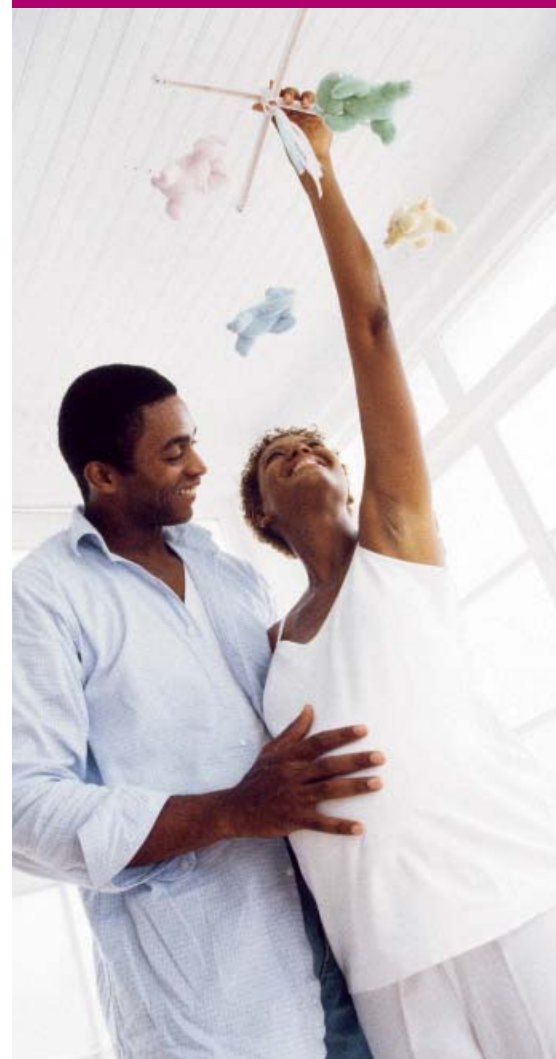
If you stop smoking, you lower your baby's risk for:

- Preterm delivery
- Low birth weight
- Sudden infant death syndrome (SIDS)<sup>1</sup>

And, you don't have to do it alone.

Join our Beginning Right Smoke-Free Moms-to-Be<sup>®</sup> program. You'll get educational materials and support from one of our nurses to help you quit smoking for good.

Let our program  
give your pregnancy  
a healthy boost.



<sup>1</sup>Link between smoking in pregnancy and sudden infant death syndrome explained [article online]. *ScienceDaily*. February 4, 2008. Available at: [www.sciencedaily.com](http://www.sciencedaily.com). Accessed March 18, 2009.

## Reduce your risk for preterm labor

For some women, their baby is born much sooner than expected. This can raise the risk for complications.

If you are at risk for early delivery, our Beginning Right Preterm Labor Program can help. To help you lower your risk, we will:

- Teach you the signs and symptoms of early labor
- Explain new treatment options
- Follow up with calls from our registered nurses

## Go online and learn more about women's health

Go to Aetna Women's Health Online at <http://womenshealth.aetna.com> for information on pregnancy and baby care, as well as:

- Reproductive health
- Menopause
- Breast health
- Heart health
- Migraines
- Depression

The more you know, the better chance you have for good health ... for you and your baby.



**Pregnant? Thinking of becoming pregnant?  
Let our Beginning Right program help.  
Call 1-800-CRADLE-1 (1-800-272-3531).**

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