

# Maternity Management

Administered by American Health Holding

## Providing support for a happy and healthy pregnancy

Work one-on-one with a registered nurse through our Maternity Management program—offered at no cost to you as part of your health benefits.

Are you or your spouse pregnant? If so, you can take advantage of personal support from a registered nurse through the Maternity Management program. Your nurse will help you (or your spouse) understand the phases of your pregnancy and any issues, if they occur.

Our nurses are specialists in maternity and neonatal fields and have extensive hands-on experience caring for pregnant women. Your maternity nurse specialist will contact you every 3 to 6 weeks to see how you and your baby are progressing and ensure you're on track to deliver a happy and healthy baby. Every pregnancy is unique, so our nurses are here to support you and answer any questions you may have.



### Your maternity nurse specialist is here to support you by:

- Addressing any special needs or health concerns you may have.
- Providing education on safe diets and exercise routines.
- Working with your doctor to coordinate care, if any issues occur.
- Identifying potential pregnancy risk factors and advice for minimizing them.
- Helping you navigate and connect to community resources.
- Answering any questions regarding medications and prescriptions.

*Enroll  
Today!*

**1-800-641-3224**

To start speaking with a maternity nurse specialist, call and select option 3 when prompted.

*If you have recently become pregnant, you may be contacted by a nurse to help you enroll in the program.*