

Cigna Healthy Pregnancies,  
Healthy Babies®

a healthy  
start starts  
here



Proud Supporter  
march  of dimes®  
march for babies<sup>SM</sup>

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GO YOU<sup>SM</sup>

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# you're expecting.

That means you're going to be choosing a name. Looking for a pediatrician. And seeing big changes – to your body and your lifestyle.

## where do you start?

**Enroll in this program designed to help you and your baby stay healthy during your pregnancy and in the days and weeks following your baby's birth.**

### **Find support early and often**

- Tell us about you and your pregnancy so we can meet your needs.
- Ask us anything – your nurse is there to support you during your whole pregnancy.
- Get a pregnancy journal with information, charts and tools to help you have a happy 9 months.

### **Learn as much as you want**

Get live support 24 hours a day, 7 days a week. Just call the number on your Cigna ID card to:

- Talk to a nurse who can help you with everything from tips on how to handle your discomfort during pregnancy to what foods to avoid, birthing classes and maternity benefits.
- Access an audio library of maternity and general health topics.

Or, visit [myCigna.com](https://myCigna.com) for tools to help you track your pregnancy week by week, prepare for delivery and care for your baby.

### **Get rewarded for a good decision**

When you participate and complete the program you'll be eligible to receive:

- \$150 rebate if you enroll by the end of your first trimester; or
- \$75 rebate if you enroll by the end of your second trimester.

**Call 1.800.615.2906 to enroll as soon as you know you are pregnant.**

