

Is there a family in your future?



WOULD YOU BENEFIT FROM THE PROGRAM?

Use the QR code reader on your smart phone to watch a short video.

Pre-pregnancy coaching: A great start to motherhood

It's a fact ... healthy women are more likely to have healthy babies. That's why it's important to know about health risks and birth-defect prevention before you become pregnant.

If you're planning a pregnancy in the future, UMR's pre-pregnancy coaching program will help you learn about potential health risks and the things you can do to prevent medical complications for you and your baby.

Birth defects, premature birth and perinatal complications are the leading cause of infant mortality in the United States. But complications and birth defects can be reduced or minimized by these and other actions ...

- Pre-pregnancy checkup with your health care provider
- Healthy diet, weight and prenatal vitamins
- Stopping alcohol, tobacco or drug use
- Staying current on vaccinations
- Maintaining early and regular prenatal care

We're here to help

UMR's pre-pregnancy coaching is available to you as part of your benefit plan, at no additional cost to you. If you enroll in UMR's pre-pregnancy coaching, you'll be contacted by a nurse case manager who will help you determine if you have any health risks and provide you with educational materials and support based on your needs.

Healthy pregnancy, healthy baby!
Pre-pregnancy coaching can give you a great start on motherhood.



You can enroll yourself by calling UMR toll-free at **1-888-438-8105** and follow the prompts for maternity management. You can also go to **umr.com** to sign up.



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