



# Your healthy pregnancy

## Aetna Maternity Program

### Growing healthy together

It's a special time in your life, and you deserve plenty of support. The Aetna Maternity Program is here to help you have a successful pregnancy.

Once you are a member, this no-cost online resource is available throughout your maternity journey. Whether you are planning for baby, already pregnant or post-delivery, it is personalized for you.

### You'll learn about:

What to expect before and after delivery

Early labor symptoms

Newborn care, and more

**THIS IS NOT INSURANCE. THIS IS AN ADDITIONAL SERVICE INCLUDED WITH THE MEDICAL PLAN.**

In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company. For all other states, health benefits and health insurance plans are offered and/or underwritten by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company, Aetna HealthAssurance Pennsylvania Inc. and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming, by Aetna Health of Utah Inc. and Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

# Helping you prepare

## Here for you

Have questions about your pregnancy? Don't worry. We can help you out. You'll learn what you need to know so you can prepare.

## Joining is easy

This program is included with your Aetna® health benefits and insurance plan. There is no extra cost to you.

All you have to do is sign up at [Aetna.com](https://www.aetna.com) and complete a pregnancy survey. This helps us get to know you a little better.

## Extra help for at-risk pregnancies



### Personalized nurse support

If you have a health condition or other risk that could affect your pregnancy, we can help. Our nurse case managers will work with you to manage or maybe even lower those risks.

#### Pre-delivery, you may receive:

- Preterm labor education and support
- Personalized support for conditions like high blood pressure and diabetes



### Helping you deliver at the right time

In most cases, full-term babies have fewer health problems. So if you're at risk for early labor, we'll explain the signs and symptoms. We'll also talk about new treatment options.

#### Post-delivery, you may receive:

- A follow-up call, a screening for depression, and lactation and breastfeeding support
- Extra help for behavioral health concerns

This material is for information only. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. Refer to [Aetna.com](https://www.aetna.com) for more information about Aetna® plans.

Visit [Aetna.com/individuals-families/member-rights-resources/rights-disclosure-information.html](https://www.aetna.com/individuals-families/member-rights-resources/rights-disclosure-information.html) to view or print your medical, dental or vision plan disclosures. Here, you can also find state requirements and information on the Women's Health and Cancer Rights Act.

**Policy forms issued in Oklahoma include:** AL COC00010, HC COC00010.

**Policy forms issued in Idaho by Aetna Life Insurance Company include:** GR-29/GR-29N, AL HGrpPol 05, AL SG HGrpPol 03.

**Policy forms issued in Idaho by Aetna Health of Utah Inc. include:** HI ID GrpAg 05, HI SG HGrpAg 03.

**Policy forms issued in Missouri include:** AL HGrpPol 01R5, HI HGrpAg 05, HO HGrpPol 04, AL SG GrpPolAmend 2019 01, HI HGrpAg SG 01R, HI SG GrpAgAmend 2019 01.

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