

Give your baby a healthy start

Aetna Health ConnectionsSM
Wellness Resources

Start your pregnancy with the support you need to help your baby stay healthy

Make healthy choices for you and your baby

Learn what decisions are good ones for you and your baby. Our Beginning Right program helps prepare you for the exciting changes pregnancy brings. You can:

- Learn about prenatal care, labor and delivery, newborn care, and more.
- Get information for your baby's father or your partner.
- Quit smoking with help from our nurses.
- Take our pregnancy risk survey. Find out if you have any issues or risk factors that could affect your pregnancy. You'll get a small gift* if you take the survey by your 16th week of pregnancy.

*While supplies last.

Get special attention when you need it most

If you have health issues or risk factors that need special attention, our nurses can 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 make sure you and your baby are doing well. We can also screen you for postpartum depression and give even more support if needed.

Our nurses speak English and Spanish. The program's materials are also available in both languages.

Reduce your risk for early labor

If you are at risk for early delivery, we can help you lower your risk. We will:

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

Whether you're a new mother or you've given birth before, Beginning Right can help.

Let our Beginning RightSM maternity program support you through your pregnancy.



**Call 1-800-CRADLE-1
(1-800-272-3531) and
get started today**

Health insurance plans are offered, underwritten or administered by Aetna Life Insurance Company and its affiliates (Aetna).

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 subject to change. For more information about Aetna plans, refer to www.aetna.com.

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