

Maternity support at no additional cost



Whether you are thinking about becoming pregnant, or are pregnant already, HealthyBlue Beginnings provides resources to guide you every step of the way. After all, a healthy pregnancy is good for you and your baby.

HealthyBlue Beginnings offers eligible members who enroll:

- Preconception program with education, counseling and a free pregnancy kit
- Maternity nurse toll-free telephone support line, 24/7
- Helpful maternity information at azblue.com/healthyblue
- Comprehensive guide for all stages of pregnancy
- Help from a nurse when high-risk maternity care is needed
- Post-maternity support line until your baby is six weeks old



Find out how you can receive a **\$100 GIFT CARD!**

Get a \$100 BABIES "R" Us® Gift Card

Enroll by the 16th week of your pregnancy and complete the surveys to get a \$100 Babies R Us Gift Card.

TO LEARN MORE, CALL **1-855-466-2229**
OR GET MORE INFORMATION AT azblue.com/HealthyBlue



An Independent Licensee of the Blue Cross and Blue Shield Association