

# Congratulations on your exciting news!

You're pregnant. You're going to be choosing a name. Looking for a health care provider for your baby. And seeing big changes – to your body and your life.

As part of your Mohawk health plan benefits, we invite you (or your spouse) to participate in the maternity program! It is an enhanced benefit that is at no cost to you but you have to sign up.



We want to help ensure you have a smooth pregnancy, delivery and a healthy baby. The **Healthy Pregnancies, Healthy Babies program through Cigna** begins once you have enrolled. A case manager nurse will work with you during your entire pregnancy. The benefit to you or your spouse is an extra layer of care, in addition to your physician, to give you and your baby a healthy, happy start! Enroll today to take advantage of these great benefits!

## Support and resources for you or your spouse through the maternity program for healthy babies and healthy moms.

- Get personal assistance through each stage of pregnancy, from the first trimester to the post-delivery period.
- Have conversations related to prenatal care, the baby's growth and development at each stage of pregnancy and establishing a birth plan.
- Receive an individualized plan of care, designed just for you and your baby.
- Help understanding all your prenatal tests and results for early identification and intervention to prevent complications from pregnancy.
- Education on the options for feeding (bottle versus breast) and establishing a feeding plan once the baby is born.
- Help and assistance to get the best coordination of care between members of your care team while maximizing your health benefits.
- Work with you and your care team to ensure you are receiving all the care you and your baby need.
- Advice on how to take care of yourself and your baby after delivery.
- Plus much more!

**Enroll in the maternity program and meet with your personal nurse to qualify for the TytoCare Device, including a dedicated acute care Pediatric practice with Amwell prior to your estimated delivery date.**

**Call 855-566-4295, to sign up.**

*Please note: To be eligible for the TytoCare device, you must enroll before the end of your second trimester.*

