



# IF YOU ARE PREGNANT, JOIN BABY BLUEPRINTS®!

Expectant mothers who live a healthy lifestyle are more likely to have a healthy baby. But having a baby can be an over-whelming event filled with questions and confusion.

To help expectant mothers better understand every stage of pregnancy and make more informed care and lifestyle-related decisions, we are offering Baby Blueprints Maternity Education and Support Program.

This free program provides members with access to in-depth educational information on all aspects of pregnancy through multiple online offerings. Baby Blueprints also gives participants access to individualized support throughout their pregnancy from a nurse Health Coach.

Enrolling in Baby Blueprints is convenient. Expectant mothers simply call toll-free at 1-866-918-5267 to enroll over the phone. They will then receive a confirmation mailing with helpful pregnancy tips.

Highmark Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

Baby Blueprints is a registered mark of the Blue Cross and Blue Shield Association.

The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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