

# Future Moms



## Healthy, informed moms make for healthy babies.

Each pregnancy is different and mothers-to-be who are well-informed can make decisions that may result in healthier pregnancies.

Our specialized nurse health coaches, with expertise in pregnancy, have successfully supported more than 175,000 mother and mothers-to-be with prenatal health concerns since the program began in 1989.

We assist expectant mothers through:

- *An assigned prenatal/postnatal nurse health coach who is supported by an on-site team of clinical specialists.*
- *A care management system that assesses risks to help ensure consistent, individualized education and support.*
- *Prenatal interventions based on the expectant mother's pregnancy status, complications, medical history and physician's plan of care.*
- *24-hour toll-free nurse access line that assists the mother in making informed health care decisions. Bilingual registered nurses and services for the hearing-impaired are available.*
- *A maternity website with easy access to educational resources, as well as online enrollment and interaction with health professionals.*



### Future Moms goals:

- *Help lower incidence of preterm births*
- *Help lower incidence of low birth weight births*
- *Help reduce pregnancy-related medical costs*
- *Help improve the ability of mothers-to-be to recognize signs and symptoms of complications*

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