



Special attention for a healthy pregnancy and baby

Beginning Right® Maternity Program

Helping you and your baby grow healthy — together

You get the Beginning Right Maternity management program with your Aetna health benefits and insurance plan. You can use it throughout your pregnancy. And even after your baby is born.

Information for a healthier pregnancy

There's a lot of information on pregnancy. We'll make it easier by sharing what you need for a healthy one.

You'll get materials on:

- Prenatal care
- Preterm labor symptoms
- What to expect before/after delivery
- Newborn care and more

All program materials are in English and Spanish.

If you're pregnant, or want to be, this program can help.

Sign up as soon as you're an Aetna member.

Special attention for pregnancy risks

Some women have health conditions or risk factors that could hurt their pregnancy. If you do, you can work with a nurse case manager to help you lower those risks.

Our nurses speak English and Spanish. We also have a translation service. So we can offer help in over 170 languages.

If you're eligible, you also get:

- Two follow-up calls after your delivery
- A screening for depression
- Extra support, if needed

You can take a pregnancy risk survey. It's on your secure member website at www.aetna.com.

Solid support to quit smoking

If you aren't smoking — wonderful! If you are, here are some wonderful reasons to quit. You'll lower your baby's risk for preterm delivery, low-birth weight and sudden infant death syndrome (SIDS).

And you're not in it alone. With the Beginning Right Smoke-Free Moms-to-Be® program, you'll get one-on-one nurse support to help you quit smoking for good.

You can lower your risk for preterm labor

Some babies are born much sooner than expected. This can raise the risk for complications.

If you're at risk of preterm labor, we'll teach you the signs and symptoms of early labor. You'll also hear about new treatment options.

Your online source for Mom and baby health

The more you know, the healthier you both can be.

Visit Aetna Women's Health Online to learn about:

- Reproductive health
- Menopause
- Breast and heart health
- Migraines
- Pregnancy and baby care
- Depression and more

Just go to womenshealth.aetna.com.

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Policy forms issued in Oklahoma include: HMO/OK COC-5 09/07, HMO/OK GA-3 11/1, HMO OK POS RIDER 8/07, GR-23 AND/OR GR-29/GR-29N.