

Cigna Healthy Pregnancies,
Healthy Babies®

a healthy
start starts
here



Proud Supporter
march  of dimes®
march for babiesSM

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GO YOUSM

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you're
expecting.

That means you're going to be choosing a name. Looking for a pediatrician. And seeing big changes – to your body and your lifestyle.

where do you start?

Enroll in this program designed to help you and your baby stay healthy during your pregnancy and in the days and weeks following your baby's birth.

Find support early and often

- Tell us about you and your pregnancy so we can meet your needs.
- Ask us anything – your nurse is there to support you during your whole pregnancy.
- Get a pregnancy journal with information, charts and tools to help you have a happy 9 months.

Learn as much as you want

Get live support 24 hours a day, 7 days a week. Just call the number on your Cigna ID card to:

- Talk to a nurse who can help you with everything from tips on how to handle your discomfort during pregnancy to what foods to avoid, birthing classes and maternity benefits.
- Access an audio library of maternity and general health topics.

Or, visit myCigna.com for tools to help you track your pregnancy week by week, prepare for delivery and care for your baby.

**Call 1.800.615.2906
to enroll as soon as you
know you are pregnant.**

