



# Maternity Support

Helping you manage your health — before, during, and after your baby arrives.

## Make your journey to motherhood a healthy one

Pregnancy is a great time to start taking good care of yourself. With our Baby Beginnings® program, we help you along the way. We'll help you manage your health, when you're expecting, planning, and even after you deliver your bundle of joy.

You'll have access to health assessments, personalized online resources, around-the-clock nurse phone access,\* and more. Plus, we'll help make sure you have education, resources, and support — to help make this a happy, healthy, and exciting time.

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## Baby Beginnings has plenty to offer:

- free health assessments;
  - nurses available by phone;
  - instant messaging through BabyLine® chat;
  - convenient text message capabilities (just text BABY to 511411);
  - educational resources and helpful information.
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This program includes:

### Baby Beginnings Preconception Program

Valuable wellness, nutrition, and lifestyle resources can help you make wise health decisions before you become pregnant:

- preconception risk assessment and education;
- nutrition consultation with a registered dietitian;
- pregnancy test kit;
- 24/7 access to highly experienced nurses through BabyLine®.

### Baby Beginnings Maternity Program and online engagement tools

Education tools and personalized resources can help you manage your pregnancy now — and give you continued support after the baby is born:

- informative online health and wellness education;
- 24/7 access to BabyLine until the baby is six weeks old;
- a dedicated nurse to help you manage high-risk maternity care;
- text4baby<sup>SM</sup> guides you through your pregnancy, and into your baby's first year, with useful information sent directly to your phone;
- **Your Journey Through Pregnancy** — a pregnancy guidebook.

### Getting started is easy

Enrollment is easy and there is no charge. And the information you provide is confidential and secure. Access the Baby Beginnings website at [myibxtpabenefits.com](http://myibxtpabenefits.com) and choose the Health Resources link. Or call 1-888-206-1315.

### We're here to help you

Independence Administrators is here to help you make good decisions when it comes to your health. Our people, tools, and educational resources can support you in making informed decisions.

### Tap into your health

Access your health benefits, claims information, ID card, and more — all while you're on the go. Search for myibxtpabenefits on the App Store<sup>SM</sup> or Google Play<sup>TM</sup>.

#### Nondiscrimination Notice and Language Access Services

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

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call the number on your ID card (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en su tarjeta de identificación (TTY: 711).

注意：如果您使用简体中文，您可以免费获得语言协助服务。请致电您ID卡上的电话号码。

\*Available until your baby is six weeks old.

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