

YOUR BABY WILL DEPEND ON YOU

YOU CAN DEPEND ON WELLMARK'S PREGNANCY SUPPORT PROGRAM.

Get resources to help you have a healthy, stress-free pregnancy. They're available when and where you need them with myWellmark®.

Congratulations!

Now that you're pregnant, taking care of yourself has never been more important.

Of course, you'll get advice from everyone — your doctors, family members, friends — about what you should and shouldn't be doing. It can be confusing. That's why our **FREE PREGNANCY SUPPORT PROGRAM** is here. By simply logging in to myWellmark, you have access to trusted and helpful online resources, like WebMD® Pregnancy Assistant, Count the Kicks® and text4babySM. Plus, one-on-one support from an Advanced Care nurse is available when you need it.



Log in to myWellmark for exclusive access

Wellmark's Pregnancy Support program is available to you 24 hours a day, 7 days a week. Simply log in to myWellmark.com to get started.



LEARN MORE 

A healthy beginning for your baby starts with you. We're here to help.

Pregnancy can be wonderful. It can also be overwhelming. Visit your doctor regularly, and take advantage of our free Pregnancy Support program to get support throughout your pregnancy.

WHAT TO EXPECT

Wellmark's Pregnancy Support program is here for you through each stage of your pregnancy and beyond. Here's what's included:



ROBUST DIGITAL RESOURCES — Just log in to myWellmark.com for 24/7 access to our helpful online resources. We've partnered with some of the most trusted sources to provide you with the information you need when you need it, including:

- **WebMD's Pregnancy Assistant** — Learn about the stages of your baby's growth and get support throughout your pregnancy from prenatal to postpartum.
- **Count the Kicks** — Keep track of your baby's normal patterns of movement in the third trimester.
- **Text4baby** — Learn about baby milestones, set appointment reminders and get safety information via text message.



ONLINE PREGNANCY ASSESSMENT — Let us know about your current pregnancy and health history to see if you may benefit from nurse support over the phone. **It's available anytime through myWellmark.**



ACCESS TO NURSES — Rather receive support throughout your pregnancy over the phone? You can request a call from an **Advanced Care nurse by calling 800-552-3993 ext. 3727.**



BEWELL 24/7SM PHONE SUPPORT — Call anytime, day or night, to connect with a real person who can answer your most pressing questions. We'll take the time to listen and address all your concerns. **Call anytime: 844-84-BEWELL.**

GET STARTED WITH PREGNANCY SUPPORT TODAY!

- Log in to [myWellmark.com](https://mywellmark.com).
- You can also call **800-552-3993 ext. 3727** to request a call from an **Advanced Care nurse.**

It's just another way Wellmark members get more.

* Program participation is strictly voluntary and is offered at no additional cost to eligible members. Information provided is not a substitute for medical advice from your physician. Participation in this or other health support programs does not guarantee benefits. Please refer to your benefits document for benefit specifics. Please call Wellmark Customer Service at the number on the back of your ID card for health benefits and claims questions.

Wellmark 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 habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意: 如果您说普通话, 我们可免费为您提供语言协助服务。请拨打 800-524-9242 或 (听障专线: 888-781-4262)。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).



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