



# HEALTHY BEGINNINGS<sup>SM</sup>

## HOW WE CAN HELP

Our Healthy Beginnings<sup>SM</sup> program is designed to help you have the healthiest pregnancy possible. This prenatal program is available to you at **no extra cost**, and nurse care managers can offer:

- > Support and education during your pregnancy
- > Help with claims and benefit questions
- > Community resources, such as Women, Infants, and Children (WIC) and food and transportation programs, etc.



- > Education about childbirth, breastfeeding, and more
- > Access to needed care

## EXTRA PERKS

- > Cash incentives for prenatal and postnatal care\*
- > Free online education through Intermountain Healthcare®
- > A set of three burp cloths
- > Help getting a breast pump after delivery



## HOW TO ENROLL

Call us at **866-442-5052**, option 1 for Medicaid, option 2 for Commercial Monday through Friday, from 8:00 a.m. to 5:00 p.m. If calling after hours, please leave a message with a phone number and best time to reach you.



\*based on plan type

SelectHealth obeys federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, sexual orientation, gender identity or expression, and/or veteran status.

This information is available for free in other languages and alternate formats.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電

SelectHealth Advantage: **855-442-9900** (TTY: 711) /  
SelectHealth: **800-538-5038**



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