



# Healthy Beginnings<sup>SM</sup>

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## How we can help

We designed our Healthy Beginnings program to help you have the healthiest pregnancy possible. This program is covered by your plan at **no cost to you**. Here are a few of the things our nurse Care Managers can help with:

- Support during your pregnancy
- Answering questions
- Learning about local programs such as, Women, Infants, and Children (WIC), food and transportation assistance, and more
- Classes on birth, breastfeeding, and other topics
- Help getting needed care



## Extra perks

- Cash rewards for prenatal and postnatal care\*
- Online classes through Intermountain Health\*
- Help getting a breast pump



\* based on plan type



**Our care managers are here for you. Call 866-442-5052 or scan the QR code below to get started.**



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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

Select Health Advantage: **855-442-9900** (TTY: 711) /

Select Health: **800-538-5038**.



# Select Health