

Pregnancy is a very exciting time! We know your goal is to have a safe delivery and a healthy baby. We want that for you, too. That's why we offer Future Moms, a voluntary program to help you take care of your baby before you deliver.

Research shows that mothers-to-be who are well-informed can make choices about their health that may result in healthier pregnancies. In fact, studies indicate that many preterm births can be avoided with the right prenatal care.¹

To enroll in the Future Moms program, just call one of our experienced, registered nurses at **866-664-5404**. Everything you'll need to participate in the program will be sent directly to your home. It's important to sign up within your first three months of pregnancy or as soon as possible to optimize your health and the health of your unborn baby. To enroll in the Future Moms program, call us toll-free at **866-664-5404**. Or for more 24-hour access to information about your pregnancy, visit anthem.com/ca > 360° Health Program.

Once you register in the Future Moms program, you'll receive:

- Toll-free access to a registered nurse 24 hours a day, seven days a week to discuss any pregnancy-related issues and answer your questions
- A helpful prenatal care book — Your Pregnancy Week by Week
- Educational materials to help you handle the unexpected
- A questionnaire to evaluate your risk for preterm delivery
- Useful tools to help you, your doctor and your Future Moms nurse track your pregnancy and identify possible risks



Expecting?

If so, answers and support are a phone call away. Register for the Future Moms program at no additional cost or obligation by calling **866-664-5404**.

**Good health is your most valuable asset –
make the most of it.**

¹ http://www.cdc.gov/PRAMS/dataAct2002/prenatal_care.htm