



# You've got this

## Aetna<sup>®</sup> Maternity Program

Special attention for a healthy pregnancy

### Growing healthy together

It's a special time in your life, and you deserve plenty of support. The Aetna Maternity Program is here to give you that support, and to help you have a successful pregnancy.

### Helping you prepare

Have questions about your pregnancy? Don't worry. We can help you out. You'll learn what you need to know so you can prepare.

### Joining up is easy

This program is already included with your Aetna health benefits and insurance plan — there's no extra cost to you.

All you have to do is sign up and answer a few questions, so we can get to know a little more about you.

#### You'll learn about:



Early labor symptoms



What to expect before and after delivery



Newborn care, and more

**THIS IS NOT INSURANCE. THIS IS AN ADDITIONAL SERVICE INCLUDED WITH THE MEDICAL PLAN.**

In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company (Aetna). For all other states, health benefits and health insurance plans are offered, administered and/or underwritten by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company, Aetna HealthAssurance Pennsylvania Inc. and/or Aetna Life Insurance Company. In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming, by Aetna Health of Utah Inc. and Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

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[aetna.com](https://www.aetna.com)

# Extra help for at-risk pregnancies

## Personalized nurse support

If you have a health condition or other risk that could affect your pregnancy, we can help. Our nurse case managers will work with you to manage or maybe even lower those risks.

## Helping you deliver at the right time

In most cases, full-term babies have fewer health problems. So if you're at risk for early labor, we'll explain the signs and symptoms. We'll also talk about new treatment options.

### If you have extra risks, you may also get:



Follow-up calls after your delivery



A screening for depression



Extra support for lactation and breastfeeding

## Sign up and start receiving care and information for a healthy pregnancy

Call us at **1-800-CRADLE-1 (1-800-272-3531)**, weekdays from 8 a.m. to 7 p.m. ET. Or log in to your member website at **aetna.com**, and look under "Stay Healthy."

This material is for information only. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to **aetna.com**.

**Policy forms issued in Oklahoma include:** HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29N.

**Policy form numbers issued in Idaho by Aetna Life Insurance Company include:** GR-23, GR-29/GR-29N, GR-9/GR-9N, AL HGrpPol 04.

**Policy forms issued in Idaho by Aetna Health of Utah Inc. include:** HI HGrpAg 04.

**Policy forms issued in Missouri include:** AL HGrpPol 01R5, HI HGrpAg 01, HO HGrpPol 01.



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