

# Extra support for a healthier pregnancy



**A well-managed pregnancy is a great way to help mom and baby get a healthy start on life together and manage overall health care costs. Baby Beginnings® provides an added level of support and services to help your members navigate their pregnancy journey.**

Baby Beginnings is our maternity management program designed to help expecting members successfully manage their health before, during, and after baby is born. This valuable resource provides:

- Free health assessments and nutrition counseling with a registered dietitian
- Registered nurses available by phone, including a dedicated nurse to help manage high-risk pregnancies
- Educational resources and helpful information

## Support every step of the way

Baby Beginnings provides expecting members with the proper resources for each stage of their pregnancy and supplements regular doctor visits. One of the program's key advantages is early detection of potential complications. Early intervention is an important way to improve the clinical outcomes for mother and baby and help manage costs.

**Contact your Independence Administrators representative or broker to learn how Baby Beginnings can help support healthy pregnancies.**

## Enrolling in Baby Beginnings is easy

There is no cost for your members to enroll in Baby Beginnings. The information they provide is confidential and secure. There are two ways your members can enroll:

- Call **1-800-598-BABY**.
- Email [babybeginnings@ahatpa.com](mailto:babybeginnings@ahatpa.com) with "Enroll" in the subject line. A nurse will reach out within two business days.

**Independence**   
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