

Beginning Right[®] maternity program

Special attention for a healthy pregnancy and baby

Growing healthy together

It's a special time in your life, and you deserve plenty of support during this time. And you've got it — a program to support you during your pregnancy and even after your baby is born.

Getting to know you

This program is already included with your Sutter Health | Aetna health benefit plan — there's **no extra cost** to you.

All you have to do is sign up and complete a short survey, so we can get to know about you and your pregnancy. Then, you can take full advantage of program features.

Let's work together to quit smoking

We know it can be tough to quit. But if you smoke, here are some great reasons to stop. You'll lower your baby's risk for early delivery, low birth weight and sudden infant death syndrome (SIDS). You'll have countless health benefits for you and your little one on the way.

And you're not in it alone. We'll be right there with you.

With our Smoke-Free Moms-to-Be[®] program, you get one-on-one nurse support to help you kick the habit for good.

THIS IS AN ADDITIONAL SERVICE INCLUDED WITH THE MEDICAL PLAN.



Anticipation



The more you know, the healthier you both can be

Sharing information for a healthier pregnancy

You likely have lots of questions:

"Can I get vaccinations when I'm pregnant?"

"Or see my dentist?"

"What if my prenatal vitamins make me sick?"

We'll share information, in English and Spanish, to help you figure it all out — and prepare.

You'll learn about:

- Early labor symptoms
- What to expect before and after delivery
- Newborn care, and more

Get helpful information online

Prefer to search online? Just visit sutterhealthaetna.com for valuable health information and more women's health topics.

There's information on:

- Breast health
- Mental and emotional health
- Preventive care guidelines for all ages
- Healthy aging

Personalized nurse support for at-risk pregnancies

Some women have health conditions or other risks that could affect their pregnancies. If you do, you can work with a nurse case manager to manage, or maybe even lower, those risks.

You may also get:

- Follow-up calls after your delivery
- A screening for depression
- Extra support for lactation and breastfeeding, if you need it

And don't worry if English isn't the language you speak at home. We can offer help in over 170 languages through our translation service.

Helping you deliver at the right time

Full-term babies typically 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.

Sign up as soon as you're pregnant



Call us at **1-800-CRADLE-1 (1-800-272-3531)**, weekdays from 8 a.m. to 7 p.m. ET.



Log in to your member website at sutterhealthaetna.com. And look under "Stay Healthy."

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