

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna®



Special attention for a healthy pregnancy and baby **Beginning Right® Maternity Program**

Growing healthy together

You deserve a lot of support during this time. That's why you get the Beginning Right program with your Aetna medical plan. You can use it during your pregnancy. And even after your baby is born.

How it works

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

Help to quit smoking

If you smoke, here are some great reasons to quit. 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, too.

And you're not in it alone. With the Beginning Right Smoke-Free Moms-to-Be® program, you get one-on-one nurse support to help you kick the habit for good.

The more you know, the healthier you both can be

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 have a healthy pregnancy. And prepare for the unexpected.

You’ll learn about:

- Care during pregnancy
- Early labor symptoms
- What to expect before and after delivery
- Newborn care — and more

Your online health source

Prefer to search online? You can find valuable health information on www.aetna.com. Plus many more women’s health topics.

You can learn about:

- Breast health
- Healthy aging tips
- Mental and emotional health

You can even find preventive care guidelines for all ages.

Support for pregnancy risks

Nurse support

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 those risks. Maybe even lower them.

If you’re eligible, you also get:

- Follow-up calls after your delivery
- A screening for depression
- Extra support, 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 avoid early delivery

Some babies are born sooner than expected. That can lead to complications. So if you’re at risk for early labor, we’ll teach you about the signs and symptoms. You’ll also hear about new treatment options.

Sign up as soon as you’re pregnant

You have two options:

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

Choice #2: Log in to your member website at www.aetna.com. And look under **Health Programs**.

And remember — there’s *no* extra cost.

A healthy start for you and your baby. Sign up today.

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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-29/GR-29N.

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