

Give your baby a healthy start

Aetna Health ConnectionsSM

Beginning RightSM Maternity Program

Our **Beginning Right** maternity program comes with your Aetna⁺ health benefits and health insurance plan. Use it throughout your pregnancy and after your baby is born.



Learn what's best for a healthy pregnancy

- Receive materials on prenatal care, labor and delivery, newborn care, and more.
- Get information for Dad or partner.
- Take our pregnancy risk survey and find out if you have any issues or risk factors that could affect your pregnancy. Also, you'll get a small gift* if you take the survey by your 16th week of pregnancy.

Get special attention when you need it most

If you have issues or risk factors that need special attention, our nurses can give you personal case management to find ways to lower your risks.

If you are identified as "at risk" or "high risk," you'll receive two follow-up calls after delivery. Your nurse case manager will check in to make sure you and your baby are doing well. We can also screen you for postpartum depression and give even more support if needed.

Our nurses speak English and Spanish. You can request materials in either language too.

*While supplies last.

Let our program give your pregnancy a healthy boost.

Quit smoking — for your health and your baby's

If you stop smoking, you lower your baby's risk for:

- Preterm delivery
- Low birth weight
- Sudden infant death syndrome (SIDS)¹

And, you don't have to do it alone.

You can join our nicotine-free Smoke-Free Moms-to-Be[®] program. You'll get educational materials and support from one of our nurses to help you quit smoking for good.

¹U.S. Department of Health and Human Services (DHHS). *The Health Consequences of Smoking: What it means to you*. DHHS, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.



Go online for even more health information

Go to Aetna Women's Health Online at <http://womenshealth.aetna.com> for information on pregnancy and baby care, as well as:

- Reproductive health
- Menopause
- Breast health
- Heart health
- Migraines
- Depression

The more you know, the better chance you have for good health ... for you and your baby.

Reduce your risk for preterm labor

For some women, their baby is born much sooner than expected. This can raise the risk for complications.

If you are at risk for early delivery, our Preterm Labor Program can help. To help you lower your risk, we will:

- Teach you the signs and symptoms of early labor
- Explain new treatment options
- Follow up with calls from our registered nurses

If you're pregnant or thinking of becoming pregnant, call 1-800-CRADLE-1 (1-800-272-3531).

Our Beginning Right maternity program is one more reason to join an Aetna plan.

*Health benefits or health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Corporate Health Insurance Company and/or Aetna Life Insurance Company.

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Health benefits and health insurance plans contain exclusions and some benefits are subject to limitations or visit maximums. Information is subject to change. For more information about Aetna plans, refer to www.aetna.com.

Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02, HMO/OK GA-3 11/01, CHI/OK GP-3 02/02, CHI/OK INSCT-4 01/02, GR-23 and/or GR-29.