

Congratulations

...on your new family

BAS's Mommies 2-B program helps expecting mothers have healthier pregnancies.

As an expecting mother, sometimes we need someone to turn to for advice and information. Taking advantage of this free program provides you with access to our prenatal nurses and their expertise in the care of pregnant women and newborn babies.

The goal of the **Mommies 2-B (M2B)** Program is to help you learn about prenatal care and cope with changes and special needs that can occur during this exciting time and help to give your baby the greatest chance of being born strong and healthy. The first step to having a healthy baby is knowing all you can about your own health. Although medical problems can occur, early identification aids in the success of your treatment.

BAS's M2B Program will provide you with a copy of educational resources. In addition, your prenatal nurse will remain available to you throughout your pregnancy and six weeks postpartum to assist you in obtaining information and care you need such as:

- Diabetes classes
- Community resource referrals
- Identify and locate new providers (obstetrician and/or pediatrician)
- Prenatal care
- Obtaining a breast pump
- Smoking cessation referral

BAS's M2B program is not intended to replace the advice of your doctor, but rather serve as an additional resource for you by providing you with educational material and information on how to obtain services needed to help you throughout your pregnancy and postpartum.

By providing this program at no cost to you, your employer has taken the first step in helping you to have a healthy pregnancy and baby. The next step is yours.

At **BAS**, our commitment is to you. To get started and meet your nurse today, contact us at the information provided below.

1.800.442.7247 Ext. 2415
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