



BABY BEGINNINGS®

A maternity management program to help give a healthy start to life

Helps to improve health and reduce complications

Baby Beginnings is a maternity management program specifically designed to help your plan members successfully manage their health before, during, and after their baby is born. A well-managed pregnancy is a great way to help mom and baby get a healthy start to life together and help manage health care costs. This valuable resource provides soon-to-be mothers with:

- nutritional counseling with registered dietitians;
- educational resources and tools; and
- a dedicated nurse to help manage high-risk pregnancies.

Support every step of the way

Baby Beginnings is comprehensive. It's designed to provide soon-to-be mothers with the proper resources for each stage of a pregnancy. It's the perfect supplement to regular doctor visits and check-ups, and it's an excellent resource to promote a healthy pregnancy.

Managing complex pregnancies

One of the program's key advantages is the early detection of potential complications through risk assessments. If an assessment suggests that possible complications exist, the expectant mother is connected with a dedicated obstetrics nurse to provide support and help coordinate care with their doctor.¹ Early intervention is a key to helping improve the clinical outcomes for mother and baby, and managing costs.

Good for mom, baby, and plan sponsor

The Baby Beginnings program creates a win-win situation for plan sponsors and their plan members. It helps expectant mothers take a proactive role in their health-related decisions while managing costs.

Connect with your AmeriHealth Administrators representative or broker to learn how the Baby Beginnings program can help support healthy pregnancies.

Baby Beginnings is an excellent resource for mom and baby, and can help manage health care costs.

The program's resources include:

- nutritional counseling;
- educational tools; and
- dedicated obstetrics nurse for complex cases.

†Coverage for care is subject to the terms and conditions to the plan member's group health plan.

Baby Beginnings is a program administered by AmeriHealth Administrators.

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