

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

aetna<sup>SM</sup>

Special attention for a healthy  
pregnancy and baby

## Beginning Right<sup>®</sup> Maternity Program

[www.aetna.com](http://www.aetna.com)



## Helping you and your baby grow healthy — together

You get the Beginning Right Maternity management program with your Aetna health benefits and insurance plan. You can use it throughout your pregnancy. And even after your baby is born.

### Information for a healthier pregnancy

There's a lot of information on pregnancy. We'll make it easier by sharing materials to help you have a healthy one.

#### You'll get information on:

- Prenatal care
- Preterm labor symptoms
- What to expect before and after delivery
- Newborn care and more

All program materials are in English and Spanish.

### Special help for pregnancy risks

Some women have health conditions or risk factors that could hurt their pregnancy. If you do, you can work with a nurse case manager to help you lower those risks.

If English isn't the language you speak at home, don't worry. We have a translation service. So we can offer help in over 170 languages.

If you're eligible, you also get:

- Two follow-up calls after your delivery
- A screening for depression
- Extra support, if needed

You can take a pregnancy risk survey. It's on your Aetna Navigator® website at [www.aetna.com](http://www.aetna.com).

## Solid support to quit smoking

If you aren't smoking — wonderful! If you are, here are some wonderful reasons to quit. You'll lower your baby's risk for preterm delivery, low-birth weight and sudden infant death syndrome (SIDS).

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

### Lower your risk for preterm labor

Some babies are born much sooner than expected. This can raise the risk for complications.

If you're at risk of preterm labor, we'll teach you the signs and symptoms of early labor. You'll also hear about new treatment options.

### Your online source

The more you know, the healthier you both can be.

Visit Aetna Women's Health online at [www.womenshealth.aetna.com](http://www.womenshealth.aetna.com) to learn about:

- Reproductive health
- Menopause
- Breast and heart health
- Migraines
- Pregnancy and baby care
- Depression and more

### It's easy to enroll in the Beginning Right program:

1. Call us toll-free at **1-800-CRADLE-1 (1-800-272-3531)**, weekdays from 8 a.m. to 7 p.m., ET, or
2. Log in to Aetna Navigator at [www.aetna.com](http://www.aetna.com) and look under Health Programs.

**Health benefits and health insurance plans are offered, underwritten and/or administered by: Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford CT 06156. Each insurer has sole responsibility for its own products.**

This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Rates and benefits vary by location. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

**Policy forms issued in Oklahoma include:** HMO/OK COC-5 09/07, HMO/OK GA-3 11/1, HMO OK POS RIDER 8/07, GR-23 AND/OR GR-29/GR-29N.

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