



Support for a Healthy Pregnancy with EVHC's Special Delivery program

**Enroll in the Special
Delivery program today.
Call 1-833-345-1240.**

As part of your health benefit plan, you have access to personalized, one-on-one support from a registered maternity nurse through the Special Delivery program at no additional cost to you.

After you enroll in Special Delivery, your nurse will check in throughout your or your partner's pregnancy or adoption, provide personalized support, answer questions, and send you educational information leading up to your baby's arrival.



Tips for a Healthy Pregnancy



See your doctor regularly.

Your doctor will monitor you and your baby throughout your pregnancy.



Stay active.

Talk with your doctor or Special Delivery nurse about safe ways to exercise during pregnancy.



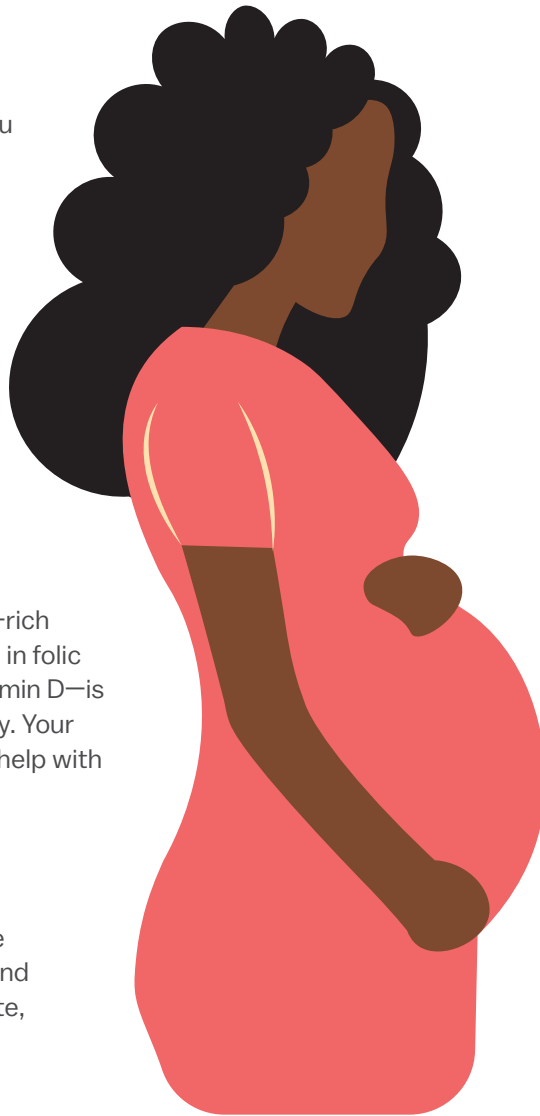
Eat healthy.

A balanced diet of nutrient-rich foods—including those rich in folic acid, iron, calcium, and vitamin D—is important during pregnancy. Your Special Delivery nurse can help with any diet questions.



Limit caffeine.

Coffee is a common source of caffeine, but it's also found in some teas, pop, chocolate, energy drinks, and some medicines.



Monitor food preparation.

Avoid unpasteurized products, soft cheeses, processed meats, and undercooked poultry, meat, seafood, and eggs. If you're unsure about a food, ask your doctor or Special Delivery nurse.



No alcohol, cigarettes, or other drugs.

Before taking any over-the-counter medicines, make sure to check with your doctor or Special Delivery nurse.



Take advantage of your Special Delivery nurse.

Your nurse is a dedicated, personal resource for you throughout your pregnancy, available at no additional cost to you.

Source: March of Dimes, www.marchofdimes.org

Call 1-833-345-1240 to enroll in Special Delivery as soon as you learn you're expecting. We'll be here every step of the way to support you and your baby.

