



Support for a Healthy Pregnancy

with Wellstar Health Plan's Maternity Management Program

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

Enroll in the Maternity Management Program Today. Call the Wellstar Concierge Team at 1-833-932-3912.

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 Maternity Management nurse about safe ways to exercise during pregnancy.

Limit Caffeine.

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

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 Maternity Management nurse can help with any diet questions.

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 Maternity Management nurse.

No Alcohol, Cigarettes, or Other Drugs.

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

Take Advantage of Your Maternity Management Nurse.

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

Call the Wellstar Concierge Team at **1-833-932-3912** to enroll in the Maternity Management Program as soon as you learn you're expecting. We'll be here every step of the way to support you and your baby.