

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

aetna[®]



Special attention for a healthy pregnancy and baby

Beginning Right[®] Maternity Program

Growing healthy together

You deserve plenty of support during this time. And you've got it — a program to support you during your pregnancy, and even after your baby is born.

How it works

This program is already included with your Aetna health benefits and insurance plan. All you have to do is sign up and complete a short survey so we can get to know about you and your pregnancy.

Then, you can take full advantage of program features.

Help to quit smoking

If you smoke, here are some great reasons to quit. You'll lower your baby's risk for early delivery, low birth weight and sudden infant death syndrome (SIDS). You'll have countless health benefits, too.

And you're not in it alone.

With the Beginning Right Smoke-Free Moms-to-Be[®] program, you get one-on-one nurse support to help you kick the habit for good.

The more you know, the healthier you both can be

Information for a healthier pregnancy

You likely have lots of questions:

“Can I get vaccinations when I’m pregnant?”

“Or see my dentist?”

“What if my prenatal vitamins make me sick?”

We’ll share information, in English and Spanish, to help you figure it all out — and prepare.

You’ll learn about:

- Early labor symptoms
- What to expect before and after delivery
- Newborn care, and more

Your online health source

Prefer to search online? Just visit www.aetna.com for valuable health information and more women’s health topics.

There’s information on:

- Breast health
- Healthy aging
- Mental and emotional health

You can also find preventive care guidelines for all ages.

Support for pregnancy risks

Nurse support

Some women have health conditions or other risks that could affect their pregnancies. If you do, you can work with a nurse case manager to manage those risks. Maybe even lower them.

You may also get:

- Follow-up calls after your delivery
- A screening for depression
- Extra support, if you need it

And don’t worry if English isn’t the language you speak at home. We can offer help in over 170 languages through our translation service.

Helping you avoid early delivery

Full-term babies have fewer health problems. So if you’re at risk for early labor, we’ll brief you on the signs and symptoms. You’ll also hear about new treatment options.

Sign up as soon as you’re pregnant

You have two options:



Choice #1: Call us at **1-800-CRADLE-1 (1-800-272-3531)**, weekdays from 8 a.m. to 7 p.m. ET.



Choice #2: Log in to your member website at www.aetna.com. And look under **Health Programs**.

Give you and your baby a healthy start. There’s *no* extra cost.

In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company (Aetna). For all other states, health benefits and health insurance plans are offered, administered and/or underwritten 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. In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming, by Aetna Health of Utah Inc. and Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

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Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

Policy form numbers issued in Idaho by Aetna Life Insurance Company include: GR-23, GR-29/GR-29N, GR-9/GR-9N, AL HCOC 02, HGrpPol 01, GR-96814 02.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: ID COC V001 2015 ACA, ID GrpAg01 2015, ID-GA-SG-AETNA-Amendment 2016 01, AL ID HNO Amendment 2016 01.

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