

# HEALTHY ADDITION<sup>®</sup> PRENATAL PROGRAM

Healthy Addition has given me peace of mind as I prepare for my baby. It's helped me understand what to expect in each trimester and helped me figure out which questions I should ask my doctor at each appointment. I would recommend it to any expectant mother. – Florida Blue Member, Sunny Isles Beach, FL

Florida Blue   
**BetterYou**

## No extra cost for moms-to-be

Every expectant mother wants the best for her baby. Early prenatal care and education may reduce the chances of pregnancy complications.

## What can Healthy Addition do for you?

Florida Blue has found some great ways to help give you and your baby the best care available, even before they are born. When you enroll in our Healthy Addition Prenatal Program, you'll receive the following to help you be as healthy as possible:

- Quick access to a Registered Nurse
- Coaching on maintaining a healthy lifestyle
- Free educational material
- Information on obtaining a breast pump

## Did you know?

Be aware of preterm labor warning signs! Tell your doctor immediately if you have:

- |                         |   |
|-------------------------|---|
| 1 Uterine contractions  | 4 Pelvic pressure                       |
| 2 Menstrual-like cramps | 5 Unusual vaginal discharge or bleeding |
| 3 Low, dull backaches   |   |

Many moms-to-be have enrolled in Healthy Addition. Join them! Here are two easy ways to enroll:



**Email:**

[healthyaddition@floridablue.com](mailto:healthyaddition@floridablue.com)



**Call:**

800-955-7635, Option 6  
Monday–Friday,  
8 a.m.–5:30 p.m. EST

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