

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

aetna®

Special attention for a healthy
pregnancy and baby

Beginning Right® Maternity Program

www.aetna.com



Helping you and your baby grow healthy

You get the Beginning Right maternity program with your Aetna health benefits and insurance plan. 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 to find, by sharing materials to help you have a healthy one. You'll get information, in English and Spanish, on:

- Care during pregnancy
- Preterm (or early) labor symptoms
- What to expect before and after delivery
- Newborn care — and more

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.

And don't worry if English isn't the language you speak at home. 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® member website at 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 early 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 get one-on-one nurse support to help you quit smoking for good.

Lower your risk for early labor

Some babies are born much sooner than expected. This can lead to complications. If you're at risk for preterm labor, we'll teach you the signs and symptoms. 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 HealthSM online at <http://womenshealth.aetna.com> to learn about:

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

It's easy to sign up for the 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.
2. Or log in to Aetna Navigator at www.aetna.com and look under Health Programs.

Why not give your baby the healthiest start possible?

Sign up today.



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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.

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.

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