

# Is there a family in your future?



WOULD YOU BENEFIT  
FROM THE PROGRAM?

Use the QR code reader on your  
smart phone to watch a short video.

## Maternity CARE: A great start to motherhood

It's a fact ... healthy women are more likely to have healthy babies. That's why it's important to know about health risks and birth-defect prevention before you become pregnant.

If you're planning a pregnancy in the future, UMR's Maternity CARE will help you learn about potential health risks and the things you can do to prevent medical complications for you and your baby.

Birth defects, premature birth and perinatal complications are the leading cause of infant mortality in the United States. But complications and birth defects can be reduced or minimized by these and other actions ...

- Pre-pregnancy checkup with your health care provider
- Healthy diet, weight and prenatal vitamins
- Stopping alcohol, tobacco or drug use
- Staying current on vaccinations
- Maintaining early and regular prenatal care

### We're here to help

UMR's Maternity CARE is available to you as part of your benefit plan, at no additional cost to you. If you enroll in the program you'll be contacted by a CARE nurse, who will help you determine if you have any health risks and provide you with educational materials and support based on your needs.

Healthy pregnancy, healthy baby!  
Maternity CARE can give you a great start on motherhood.

## Join today!

You can enroll yourself by calling UMR toll-free at **1-888-438-8105** and follow the prompts for Maternity CARE. You can also go to **umr.com** to sign up.

