“The program was awesome. It was helpful in my pregnancy. I was able to have a healthy baby because of it.”

DANIELLE P.
Mom-to-be

NH Healthy Families complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.


ATTENTION: Si vous parlez Français, vous pouvez bénéficier gratuitement des services d’assistance linguistique. Appelez le 1-866-769-3085 (TTY 1-855-742-0123).

1-866-769-3085
(TDD/TTY 1-855-742-0123)

NHhealthyfamilies.com

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The Best Start for Your Baby

We have a program for pregnant and new moms. It is called Start Smart for Your Baby®. It is designed to customize the support and care you need for a healthy pregnancy and baby. It is already part of your benefits and won’t cost you a thing.

A Program To Meet Your Needs

We provide the following:

- **Information about pregnancy and newborn care.**
- **Community resources** to help you get the things you need during your pregnancy and after your baby is born. This includes food, cribs, housing and clothing.
- **Breastfeeding support** and resources.
- **Professional medical staff** who work with you and your doctor and nurses if you have a more difficult pregnancy.
- **Resources if you are feeling down** during or after your pregnancy.
- **Methods to help you quit smoking, alcohol or drugs.**

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“I really appreciated the program. I was happy to know I had help when I needed it.”

NICOLE R.
Mom-to-be

Get Started

- **Go to your doctor as soon as you think you are pregnant.** Call us if you need help finding a doctor.
- **Let us know about your pregnancy.** Fill out our pregnancy form so we can personalize the ways we can help you.

There are three easy ways to fill out our form:

- **Mail in the printed form.**
- **Call us.**
- **Go online.** Log in to your online member account.

**Earn up to $40 in rewards.** Once we receive your form, you will start earning rewards for doctor visits.

Visit NHhealthyfamilies.com for more information or call 1-866-769-3085 (TDD/TTY 1-855-742-0123).