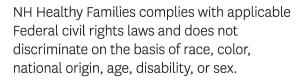
"The program was awesome. It was helpful in my pregnancy. I was able to have a healthy baby because of it."

> **DANIELLE P.** Mom-to-be



ATENCIÓN: Si habla español, hay servicios de asistencia en su idioma disponibles sin cargo para usted. Llame al 1-866-769-3085 (TTY 1-855-742- 0123).

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

© 2018 NH Healthy Families. All rights reserved.





NHhealthyfamilies.com

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.

"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).

