

“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



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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)

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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.**



“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).

