

Baby on the way?

If so, Blue Shield of California or Blue Shield of California Life & Health Insurance Company has a program just for you.

We want you and your baby to be healthy, so you're invited to join our Prenatal Education Program at no additional cost. This program is meant to supplement the care you receive from your doctor, by providing you with information to help you have a healthy pregnancy. You'll learn what to expect while you're pregnant, ways to be healthier after the baby is born, and much more.

Extra support for you

When you join the Prenatal Education Program, you'll receive an educational packet that includes:

- Your choice of one of four best-selling pregnancy and parenting books:
 - *What to Expect When You're Expecting*
 - *What to Expect the First Year*
 - *What to Expect the Toddler Years*
 - *Every Woman's Guide to Eating During Pregnancy*
- A Prenatal Guide filled with information on nutrition, fitness, emotions, body changes, warning signs, home safety, and more
- Information about vaccines that may be available to your child
- A Prenatal Planner to help you keep track of appointments, questions for your doctor, and pregnancy milestones
- First-aid and emergency tips

All yours at no additional cost.

It's easy to join

Enrolling in the program is simple. Just log on to blueshieldca.com/prenatal and fill out the online enrollment form. Or call us at **(877) 289-4415**, select option 5, and leave your name, phone number, and address. We'll mail your packet right away.

If you're expecting, call or go online today to join. We look forward to hearing from you!

