



# Mommies 2-Be

*...handle with care*

**HealthComp** has partnered with your employer to offer FREE access to the Mommies 2-Be Service

During pregnancy, we sometimes need someone to turn to for advice and information.

**HealthComp's M2B** Program provides you with access to prenatal nurses and their expertise in the care of women and newborn babies. Your prenatal nurse remains available to you throughout your pregnancy and six weeks postpartum to assist you in obtaining information and care you need such as:

- Pregnancy & Newborn Baby Care
- Support for Pregnancy Related Issues (nausea, vomiting, diabetes, high blood pressure)
- Finding Network Providers (Obstetrician and/or Pediatrician)
- General Women's Health Topics
- Community resource referrals
- Obtaining a breast pump
- Lactation consultant support

By providing this program at no cost to you, your employer has taken the first step in helping you to have a healthy pregnancy and baby. The next step is yours.

To get the most benefit from the **M2B** Program, please contact us as early as possible in your pregnancy or if you are thinking about pregnancy in the near future.

At **HealthComp**, our commitment is to you. To get started and meet your nurse today, contact us at the information provided below.

**1.800.442.7247 Ext. 2419**  
**HC-M2B@healthcomp.com**

You may be eligible to receive a \$250 gift card from Amazon! Please speak with your M2B nurse for details.

*(NOTE: You must actively participate in the M2B program by speaking with your maternity nurse at least five times before the 32nd week of your pregnancy)*

Disclaimer: All M2B program materials and information is intended to provide education only and is not a recommendation for treatment. M2B services are not intended to replace the advice of your doctor. Please discuss with your doctor, any concerns or changes you may want to make in your healthcare.