

# Nine months. Many questions.

Future Moms can help — any time, any day

Ever wish you had a go-to source for all of your questions about pregnancy? Now, you do. Future Moms is a program that can answer your questions, help you make good choices and follow your health care provider's plan of care. And it can help you have a safe delivery and a healthy child.

Sign up as soon as you know you're pregnant. Just call us toll free at **800-828-5891**. One of our registered nurses will help you get started. You'll get:

- A toll-free number so you can talk to a nurse coach 24/7 about your pregnancy. A nurse may also call you from time to time to see how you're doing.
- *The Mayo Clinic Guide to a Healthy Pregnancy* book that shows changes you can expect for you and your baby during the next nine months.
- A screening to check your health risk for depression or early delivery.
- Other useful tools to help you, your doctor and your Future Moms nurse keep track of your pregnancy and help you make healthier choices.
- Free phone calls with pharmacists, nutritionists and other specialists, if needed.
- A booklet with tips to help keep you and your new baby safe and well.
- Other helpful information on labor and delivery, including options and how to prepare.

## Visit with a lactation consultant online

Using Future Moms with Breastfeeding Support on LiveHealth Online, you can make appointments for free video visits with a certified lactation consultant, counselor or registered dietitian at no extra cost to you! These professionals can provide personalized support to help you with breastfeeding techniques, learn about milk production, baby hunger cues, foods to avoid, nutrition while breastfeeding and more.



## It's easy to join

Sign up for Future Moms by calling us toll free at **800-828-5891**. There's no extra cost to you.

## Once your baby is born, get lactation support with LiveHealth Online.

Sign up now for [livehealthonline.com](https://livehealthonline.com) or use the free mobile app and enter your health plan information. Once you've created an account, select Future Moms with Breastfeeding Support to view the available lactation consultants, counselors and registered dietitians. Appointments are available 7 days a week and evenings, too. Schedule your appointment at any time by logging in to **LiveHealth Online**.