



# HEALTHY ADDITION<sup>®</sup> PRENATAL PROGRAM

Florida Blue 

**BetterYou**

## PROGRAM FOR EXPECTING PARENTS

Every expectant mother wants the best for her baby. Florida Blue has found some great ways to help you give your baby the best health care available, even before he or she is born. Our Healthy Addition Prenatal Program works with you and your health care provider to help you have a healthy pregnancy.

## FREE FOR MOMS-TO-BE

The Healthy Addition Prenatal Program and its staff are dedicated to the good health of all mothers and their babies. As a member of Healthy Addition, you will receive the following to encourage good health practices during pregnancy:

- Pregnancy risk screening and monitoring
- Education on healthy lifestyle, nutrition and adequate hydration
- Prenatal education and information
- Emotional support and answers to questions and concerns

## WARNING SIGNS OF PRETERM LABOR

**Notify Ob/Gyn if you have:**

- 1 Uterine contractions
- 2 Menstrual-like cramps
- 3 Low dull backaches
- 4 Pelvic pressure
- 5 Unusual discharge or bleeding

Contact us today to find out more.



Email

[healthyaddition@floridablue.com](mailto:healthyaddition@floridablue.com)



Call

1-800-955-7635, Option 6  
Monday - Friday,  
8 a.m. - 5:30 p.m. EST