

Healthy pregnancies.
Healthy deliveries.
Happy employees.

Future Moms + Digital Maternity Support

You want to help employees safely navigate pregnancy, delivery and their return to work. It's a lot for them. Future Moms with Digital Maternity Support includes:

- Pregnancy tools and resources they can use from the comfort of home or on the go.
- Personalized support, early intervention, online and mobile engagement, and high-risk member outreach.

When her baby arrives, the member can also have free video visits with a certified lactation consultant, counselor or registered dietitian using **Future Moms with Breastfeeding Support on LiveHealth Online**. This one-on-one tool allows new moms to learn about different types of feeding, nutrition while breastfeeding, how to introduce baby to solids, weight loss after delivery, stress management and much more.

How it works

- A member is diagnosed pregnant and gets an email, text or interactive voice response inviting her to enroll in Future Moms.
- As soon as the member enrolls, she completes a risk assessment. If she's high-risk for complications or early delivery, she'll work with a nurse case manager by phone to create an individualized care plan.
- Through the program's app, powered by MyAdvocate™, the member enjoys:
 - Digital communications and check-ins to monitor her progress.
 - Customizable to-do lists, pregnancy calendars and a baby kick counter.
 - A chat feature to ask questions through her smartphone or other device.
- After she gives birth, we follow up with the member to assess her emotional health, and give support and guidance on infant care and safety for up to 12 weeks.



Encourage your pregnant employees and their dependents to sign up for Future Moms with Digital Maternity Support for help through this exciting life journey.