



## Get support for your precious delivery



If you're thinking about having a baby or have one on the way, the **Maternity Support Program** is here to provide information and support — throughout your pregnancy and after giving birth.

When you enroll in the program, you'll be able to work with a maternity nurse who is available to answer your questions and help you with things like:

- Choosing a doctor or nurse midwife, and help you with finding a pediatrician or other specialist
- Information to help you take care of yourself and the health of your baby — even if your pregnancy is considered high-risk
- Support to help you manage your health — physically and emotionally — before and after your baby is born

As part of Maternity Support, you can access great online resources to help you on your journey to a healthy pregnancy — and beyond. Tap into our library of trusted clinical information with custom video courses you can stream, anytime.

All courses are easy to access, available 24/7 and provided at no extra cost as part of your health plan.

**Whatever your journey, we're here to help.**

## United Healthcare

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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## Get started today



**1-877-201-5328**  
**TTY 711**

[myuhc.phs.com/pregnancy-resources](https://myuhc.phs.com/pregnancy-resources)

Monday-Thursday, 8:00 a.m.–8:00 p.m.  
and Friday, 8:00 a.m.–5:00 p.m. CT

This service is available at no extra  
cost as part of your health plan.



**YMCA EMPLOYEE BENEFITS**  
A nonprofit benefit Plan exclusively  
serving YMCAs since 1970.