CIGNA Healthy Pregnancies, Healthy Babies℠

CIGNA®

A Business of Caring.

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Participate in the CIGNA Healthy Pregnancies, Healthy Babies℠ Program, and Receive Up to $150

One in every eight babies born in the U.S. is born prematurely. But early and regular prenatal care can help reduce the risk of premature birth by identifying problems early.
— March of Dimes®

Now you can participate in a program designed to help you and your baby stay healthy during your pregnancy. The CIGNA Healthy Pregnancies, Healthy Babies℠ program encourages you to get prenatal care early in your pregnancy. And provides the support you need to have a healthy pregnancy and baby. When you enroll in the program:

- One of our CIGNA Healthy Pregnancies, Healthy Babies team members will ask you questions about your health, and evaluate any health issues that could affect your baby. He or she can also answer your questions and provide information to help you make informed choices about your care.
- Based on your evaluation, an experienced CIGNA maternity nurse will support you and your doctor in developing a plan for your care during your pregnancy. And your nurse will continue to follow up and provide support throughout your pregnancy.

- You'll also receive an educational package that includes useful information and resources about pregnancy and babies.
- You'll have access to the CIGNA 24-Hour Health Information Line℠, where you can talk to a nurse or listen to audiotapes on hundreds of health topics any time of the day or night.
- And because we believe so strongly that early prenatal care is critical to your health and the health of your baby, we offer you an incentive to participate in the CIGNA Healthy Pregnancies, Healthy Babies program. When you complete the program, you'll be eligible to receive:
  - a $150 rebate if you enroll by the end of your first trimester, *or*
  - a $75 rebate if you enroll by the end of your second trimester.

Take the first step to a healthy pregnancy and a healthy baby. Enroll in the CIGNA Healthy Pregnancies, Healthy Babies program today. Just call the number on your CIGNA HealthCare ID card and ask to enroll in the CIGNA Healthy Pregnancies, Healthy Babies program.

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Saving babies, together

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