

Healthy[®] Addition

PRENATAL
PROGRAM

HEALTHY
STEPS BEGIN
BEFORE
BIRTH



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 and dietary habits
- Prenatal information
- Emotional support and answers to questions and concerns
- Reinforcement of provider's plan of care

Things you can do to have a healthy baby:

- 1** Keep all OB appointments.
- 2** Drink 8-10 glasses of water a day.
- 3** If you smoke, quit! Do not risk your baby's health.
- 4** If you drink alcohol, quit! Do not risk your baby's health.
- 5** Call us to learn the signs and symptoms of preterm labor.

Access to this program is determined by the health plan selected. Please remember that all decisions that require or pertain to independent professional medical or clinical judgment or training, or the need for medical services, are solely your responsibility and that of your treating Physician and/or health care Providers. You and your Physicians are responsible for deciding what medical care should be rendered or received, and when that care should be provided.

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association.

65942-0912

Contact us today to find out more.



Email

healthyaddition@floridablue.com



Call

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

Florida Blue 
In the pursuit of health[®]