



Healthy babies start with healthy pregnancies

Our free Prenatal Program provides support and resources for moms-to-be.

What are the benefits?

Research has shown that education, support, and access to appropriate prenatal care can positively affect pregnancy outcomes. The PacificSource Prenatal Program helps expectant mothers learn more about their pregnancy and the development of their child. As a participant, you'll receive:

- **A book** on caring for a newborn and becoming a family
- **Educational materials, including flyers, newsletters, and resource library**
- **No-cost prenatal vitamins** if eligible, when prescribed by your doctor and filled through an in-network pharmacy
- **Support from a prenatal nurse** you can call Monday to Friday from 8:00 a.m. to 5:00 p.m.

A nurse will also call you to learn more about you and your pregnancy.

You will receive an email upon enrollment with additional information and educational resources.

Who is eligible?

All members and dependents covered under a PacificSource group or health plan are eligible for the program at no charge. The program is completely confidential, and participation is voluntary.

How do I register?

Call **888-987-5805** or visit PacificSource.com/Prenatal and complete our online registration form.

Email

Prenatal@PacificSource.com

Phone

888-987-5805

TTY: 711

We accept all relay calls.

En Español: 866-281-1464

For questions about health and wellness programs that are part of your plan, contact PacificSource Customer Service at **888-977-9299** or CS@PacificSource.com.

PacificSource.com

