



# Special Beginnings<sup>®</sup>

## Maternity Program

Take good care of yourself and your baby – enroll in Special Beginnings today!

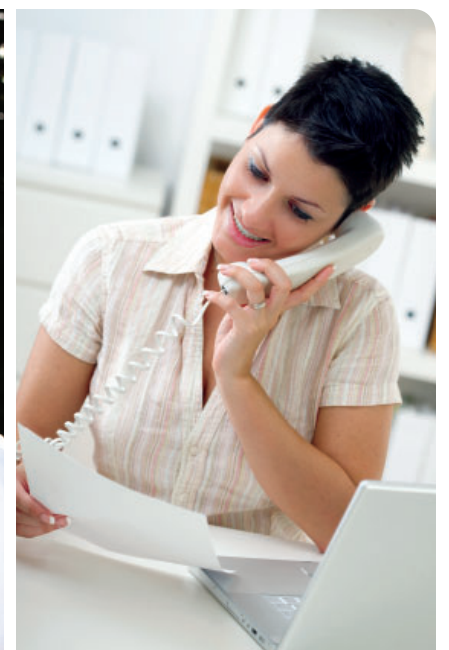
Enrollment is easy and confidential. Just call (888) 421-7781 as soon as you find out you're pregnant.

Special Beginnings is not a substitute for professional medical guidance. It is important to share any health concerns with your physician.

### Expecting a Baby?

Special Beginnings can help you better understand and manage your pregnancy. Available at no additional cost, this maternity program supports you from early pregnancy until six weeks after delivery through:

- **Pregnancy risk factor identification** and ongoing communication/monitoring
- **Educational material** covering pregnancy and infant care topics
- **Personal telephone contact** with program staff
- **Assistance in managing high-risk conditions** such as gestational diabetes and preeclampsia



[www.bcbstx.com](http://www.bcbstx.com)