

Aetna® maternity support

Here for you and your baby at every stage

We're here to help you feel supported, informed and confident throughout your pregnancy journey. Our maternity support program is included in your Aetna® plan, so you can rest easy knowing you're getting expert guidance and helpful resources at no extra cost.

How we support you from pregnancy to postpartum

- ✓ Access phone-based genetic counseling, screening and cost-effective testing
- ✓ Connect with a maternity nurse to get guidance and make informed decisions throughout pregnancy and through postpartum
- ✓ Learn what to expect before and after delivery, plus early labor symptoms and newborn care
- ✓ Receive advice on lowering your risk for early labor
- ✓ Get support for emotional challenges during pregnancy and postpartum
- ✓ Contact our 24/7 nurse line to get support at no extra cost

Getting started is easy

Get personalized maternity support, nurse guidance, and helpful tools for pregnancy and beyond. Scan the QR code to get started.

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Extra help for at-risk pregnancies



Personalized nurse support

If you have a health condition during pregnancy, our registered nurses, experienced in maternity care, provide one-on-one support to help you follow your provider's care plan.



Keeping you and your baby on track

In most cases, full-term babies have fewer health problems than preterm babies. So if you're at risk for early labor, we'll explain the signs and symptoms and help you lower those risks. We'll also talk about treatment options.

Visit the Maternity Support Center

This no-extra-cost resource is available through your member website and offers information about the maternity journey. Whether you're planning for baby, already pregnant or post-delivery, it's personalized for you and provides:

- ✓ **Coverage details, like ultrasound costs**
- ✓ **Pre-pregnancy checklists**
- ✓ **Breastfeeding and postpartum support**
- ✓ **Baby-care tips**

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This information is not intended to replace the advice of a doctor. Aetna is not responsible for the decisions you make based on this information. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. Visit Aetna.com for more information about Aetna® plans.

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