

From the first ultrasound to breastfeeding

# Future Moms promotes good health through pregnancy, birth and beyond

Each mom-to-be has her own unique needs. That's why Future Moms offers pregnant members the personalized support they need to make healthier choices during and after pregnancy. This keeps them out of the hospital, lowers neonatal intensive care unit (NICU) admissions and helps keep health care costs down.

Nurse coaches:

- Check for risks and manage members based on risk level.
- Offer case management for high-risk members.
- Give moms-to-be tips on healthy eating and exercise during pregnancy.
- Offer prenatal education and information on choices for giving birth.
- Refer members to specialists, such as pharmacists, dietitians or others.
- Help smokers quit, if needed.
- Screen for depression during and after pregnancy.
- Answer questions during pregnancy and after the baby's birth.

## The numbers speak for themselves

A recent study showed that Future Moms participants are getting the help they need, resulting in:

- 30% less emergency room visits than those not in the program.\*
- Babies born to Future Moms participants spending 25% less time in the NICU, leading to a 50% reduction in NICU costs.\*



## Now moms can get extra support from the comfort of home after their baby is born

Future Moms with Breastfeeding Support on LiveHealth Online offers moms online visits with a lactation consultant, counselor or registered dietitian through private and secure video using their smartphone, tablet or computer. These professionals can offer guidance to moms with things like getting baby to latch properly and different nursing positions, low milk production, formula feeding, nutrition when breastfeeding, introducing solids and weight loss after delivery.

The best part? There's no extra cost.

Online visits using Future Moms with Breastfeeding Support on LiveHealth Online are available at no extra cost to you or members. It's already included in the Future Moms program.

**Future Moms with Breastfeeding Support on LiveHealth Online available January 1, 2017.**

## Spread the word today about Future Moms

Give your employees a heads up about the Future Moms program and Breastfeeding Support with LiveHealth Online. Remember, happier, healthier and more productive employees make all the difference.



An Anthem Company

\* 2013 internal data utilizing 450,000 members.

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