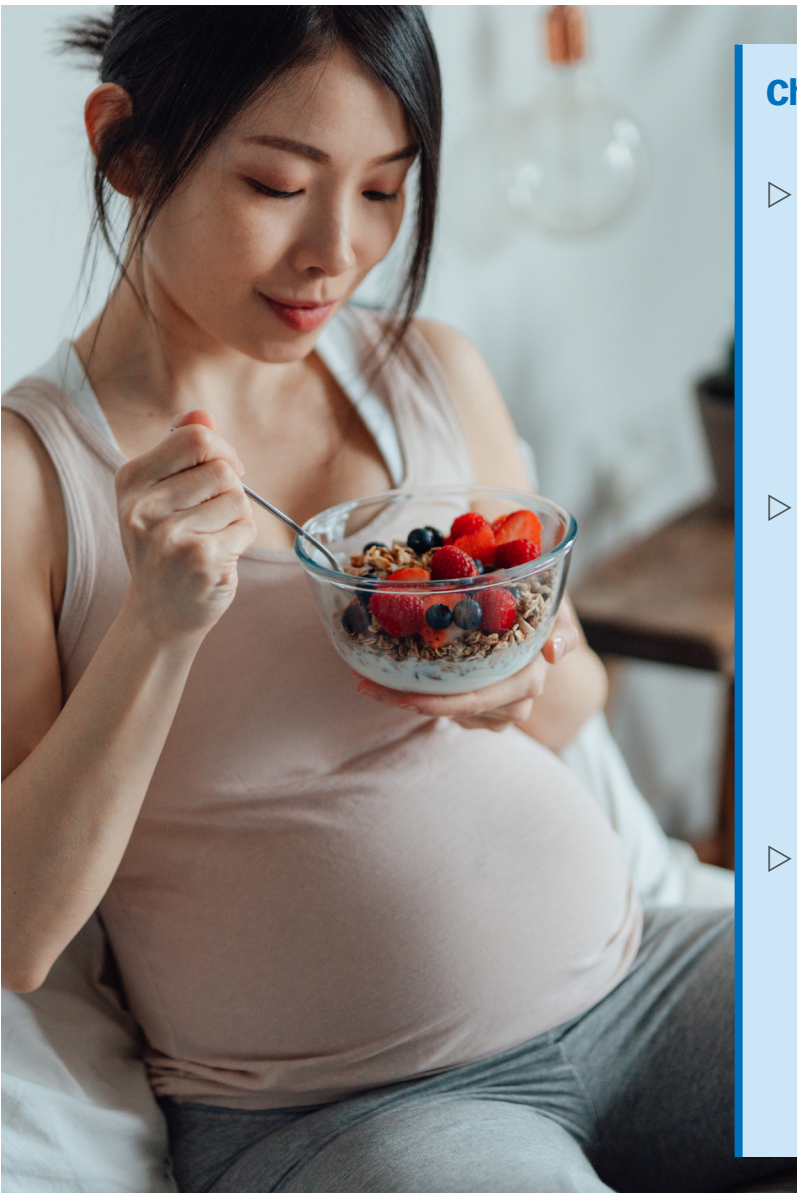


Supporting healthy pregnancies

The Future Moms program provides personalized support at every stage of pregnancy

Meaningful connections for healthy pregnancies

Through multiple resources, including one-on-one calls with a maternity nurse, no-cost breastfeeding support, and timely health screenings, we can help improve pregnancy outcomes and reduce the costs associated with complications.



Chen's pregnancy journey

▷ 01

Enrollment

Chen is pregnant with her third child. She learns about the Future Moms program from a mailer and decides to enroll because her pregnancy is considered high risk.

▷ 02

Initial assessment and referral

Chen is connected to Lea, a Future Moms nurse. Lea conducts a personalized assessment and depression screening, as well as referring Chen to a dietitian who can help her maintain a healthy diet during pregnancy.

▷ 03

Monthly check-ins

Lea calls monthly to check on Chen and her pregnancy. When Chen shares that her risk for early labor remains high, Lea provides helpful resources about preterm delivery.

Chen's journey (cont.)

▷ 04

28-week assessment telephone call

The 28-week assessment looks for potential new problems and screening gaps. It includes provider suggestions and guidance for delivery and newborn care.

28-week mailer

A brochure, *Labor, Delivery and Beyond*, presents information on:

- Birthing options
- Recommended tests
- The benefits of postponing any nonemergency or nonpregnancy-related surgeries
- Delaying induction until 39 weeks

▷ 05

Postpartum follow-up

Chen's condition remains stable and she delivers only one week early. After giving her a postpartum assessment, Lea recommends Chen access behavioral health services.

▷ 06

Ongoing support

Lea refers Chen to the Behavioral Health (BH) team, which helps her find a local provider who specializes in postpartum depression. The BH team continues to follow up with Chen, as needed, up to 12 months.



Confidence in care

We're reimagining what is possible for every moment of health. To find out how Future Moms can benefit your company and employees, contact your Anthem account representative.

This example is for illustrative purposes. The referenced member is not a real person.

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