

Support for every pregnancy

Future Moms with Digital Maternity Support offers customized guidance through birth and beyond

Anthem's Future Moms with Digital Support program addresses all types of pregnancies to support healthy moms-to-be and still helps manage health care costs for you. Comprehensive support leads to positive maternity outcomes and confidence in care. Future Moms with Digital Maternity Support includes:

- Pregnancy tools and resources employees can use wherever they are.
- Personalized support, early intervention, online and mobile engagement, and high-risk member outreach.

Meaningful connections for healthy pregnancies

Our easy-to-access approach, using telephone, virtual, and digital support tools, helps build relationships between pregnant employees and the highly trained experts on the maternity care nurse team. It gives moms-to-be a trusted place to turn to for support and guidance, day or night. We carefully follow and assess every enrolled employee at key points throughout their pregnancy, connecting them to the right resources and benefits at the right time.



How it works

- When a member is identified as pregnant, they receive an invitation by email, text, or phone to enroll in Future Moms.
- The member is asked to complete a risk assessment upon enrollment. Members with health risks are contacted by a nurse case manager to help create an individualized care plan to meet their health and pregnancy goals.
- Through the Future Moms app, powered by **MyAdvocate**[®], the member can access:
 - Digital communications and check-ins as the pregnancy continues.
 - Customizable to-do lists, pregnancy calendars, and a baby kick counter.
 - Live chat with registered nurses.
- After the baby is born, we follow up to assess emotional health, provide information and advice on infant care and safety for up to 12 weeks.

After the baby arrives, members can have free video visits with a certified lactation consultant, counselor, or registered dietitian using **Future Moms with Breastfeeding Support on LiveHealth Online**. This one-on-one tool provides new moms with information about nutrition while breastfeeding, how to introduce baby to solid food, healthy eating after delivery, and stress management.

We're here to support every pregnant member at all stages of their journey to parenthood. Contact your account representative for details.