

# Becoming a Dad?

The Healthy Pregnancy program isn't just for moms!



**We'll help give you both peace of mind and provide you with resources as you prepare for your new baby.**

For many men, becoming a father can be one of the most emotionally intense experiences of their lives.

While a pregnancy brings many changes and challenges – for both the mother- and father-to-be, the experience can also bring you closer together as a family. You may not know how to handle every situation; just being there to listen is one of the best things you can do for your partner. Plus, there are amazing things awaiting you – seeing that first sonogram picture, talking to the baby before he or she is even born, hearing the baby's heartbeat, feeling the baby kick!

Start preparing now to find out what you need to know as you prepare to become a dad. At [www.healthy-pregnancy.com](http://www.healthy-pregnancy.com), you'll find many different articles about what you and your partner can expect before, during and after pregnancy. Plus, your spouse has 24-hour access to experienced nurses all during pregnancy and even after delivery. And, it's all provided at no additional cost for UnitedHealthcare plan members!

**Encourage your spouse to enroll in the Healthy Pregnancy Program today.**

The Healthy Pregnancy Program helps give both of you extra security and peace of mind, so you can enjoy one of the most beautiful and miraculous experiences in life. Enroll and receive:

- Toll-free, 24-hour access to experienced nurses
- Personalized support to identify risks and individual needs
- Pregnancy and childbirth education materials and resources
- Access to the online Healthy Pregnancy Owner's Manual



**For more information, or to enroll**

Just call **1-888-246-7389** M–F, 8 a.m. – 8 p.m. Central time

For more information, visit [www.healthy-pregnancy.com](http://www.healthy-pregnancy.com)



\*Please note: Access for questions and concerns is available 24/7; however, program enrollment is limited to specific times.

The Healthy Pregnancy Program follows national practice standards from the Institute for Clinical Systems Improvement. The Healthy Pregnancy Program cannot diagnose problems or recommend specific treatment. The information provided is not a substitute for your doctor's care.

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