



A little one on the way?

So is a little extra help through
Future Moms

Pregnancy is a time of joy and wonder — and a time for lots of changes and questions. Whether you're having your first child or adding to your family, there's a lot to learn about what to expect in the next few months.

Future Moms was designed for the unique needs of moms-to-be. It helps you make healthy choices for you and your baby during your pregnancy, while you get ready for delivery and after your baby is born.

Need help? We've got answers!

Future Moms gives you 24/7 access to registered nurses who can help you through every stage of pregnancy. Signing up is easy and won't cost you extra.

Call Future Moms now to get started.



With Future Moms you get:

- **Access to nurses who specialize in pregnancy and childbirth.** Our nurses can answer your questions and help you follow your doctor's care plan for a healthy pregnancy and delivery. They'll also call you after your baby is born to make sure you're both doing well.
- **Support from pharmacists, nutritionists and other specialists** who can answer any questions you may have.
- **Mayo Clinic Guide to a Healthy Pregnancy** to guide you through the changes you can expect during the next few months and give you advice about healthy meal planning, exercise and parenthood.
- **A maternity care diary packed with tips for a healthy pregnancy.** There's also space to track your doctor appointments and changes in your body and feelings during your pregnancy.
- Video visits with a **lactation consultant**, counselor or registered dietitian who can provide personalized **breastfeeding and nutrition support** after your baby is born. It's quick and easy using [ProgramTitle] with Breastfeeding Support on **LiveHealth Online**. Sign up at livehealthonline.com or by using the free mobile app and entering your health plan information.

As a member of Anthem, you'll also get discounts on everyday things to help keep your family healthy. Just log in to anthem.com and select **Care** on your welcome page and then **Discounts** to find out more.

Get rewarded!

Marathon Petroleum has arranged for you to receive \$150 in gift cards for enrolling in Future Moms and completing the program.

Enroll within your first trimester and complete the initial assessment to receive a \$50 gift card. Continue in the program and complete the postpartum assessment and receive a \$100 gift card.

To sign up, call Future Moms toll free at 800-828-5891.



By sending this mailing, we are not implying that you are pregnant or intend to become pregnant.

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your doctor for advice about changes that may affect your health.

You must be 18 years or older to qualify for these incentives. Incentives can be earned by the employee and his or her covered spouse or partner. Employee's child/children ages 18 or older, who are covered as part of their parent's health plan, can participate in the program but are not eligible to receive incentives.

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