

Nine months. Many questions.

Invest in yourself with Future Moms —
at no extra cost

Having a healthy baby is every mom's goal. And it starts with investing in a healthy pregnancy. Future Moms can help you do just that.

Get answers to your pregnancy questions. Learn how to make healthy choices for you and your baby. Get support to help you follow your doctor's care plan. You'll discover how to live well every day of your pregnancy — and deliver a healthy child.

Sign up as soon as you know you're pregnant. Call us toll free at **1-800-828-5891**. One of our registered nurses will help you get started.

You'll get:

- A toll-free number you can use to talk to a nurse coach 24/7 about your pregnancy. A nurse will call you from time to time to see how you're doing.
- A book that shows changes you can expect for you and your baby during the next nine months.
- A screening to check your health risks, including depression or early delivery.
- Other useful tools to help you invest in a healthy pregnancy — and a healthy baby.
- Free phone calls with pharmacists, nutritionists and other specialists, if needed.
- A booklet with tips to help you and your baby be safe and live well.
- Other helpful information on labor and delivery, including options and how to prepare.

New: Future Moms with Breastfeeding Support on LiveHealth Online

Effective January 1, 2017, you can have secure and private video chats with a certified lactation consultant, counselor or registered dietitian at no cost when using Future Moms with Breastfeeding Support on LiveHealth Online! These professionals will be able to provide personalized support to help you with breastfeeding techniques, and consult about milk production, baby hunger cues, foods to avoid, postpartum nutrition and more. Sign up for free at livehealthonline.com or on the mobile app.

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Expecting?

As a member of the Marathon Petroleum Company health plan, you or your spouse can enroll in the Future Moms program and be eligible to get \$150 in gift cards.

Here's how to earn your reward:

- Enroll within your first trimester and get a \$50 gift card.
- Complete the postpartum assessment and get a \$100 gift card.

Sign up for Future Moms at no added cost to you by calling **1-800-828-5891**.

