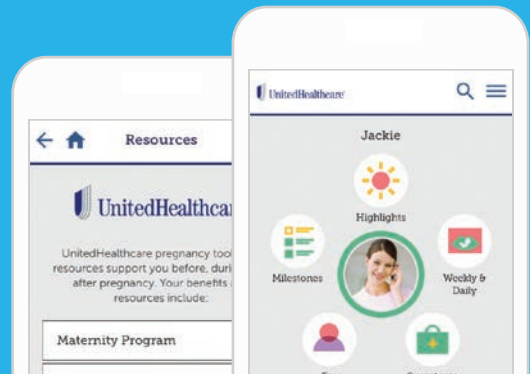


# UnitedHealthcare Healthy Pregnancy<sup>SM</sup>

An app that offers nurse support and resources to help you take steps toward a healthier pregnancy.



## Personalized milestones

Keep track of your pregnancy milestones based on your due date.

## 24/7 nurse support

With just one-click, you're connected with a nurse, who can help provide answers to your questions and personal support throughout your pregnancy.

## Reminders

Keep track of calendar appointments and set reminders to take vitamins or take a few minutes to relax each day.

## Stay informed

Search symptoms and concerns that may occur, watch videos about a baby's growth, monitor your weight, and track your baby's movements.

## Stay connected

Access UnitedHealthcare pregnancy program resources and link to your pregnancy benefits and cost estimator tools.

## ...and more!

## We're here to help.

In addition to helping you keep pace with your pregnancy using the app, you also have access to 24/7 personalized support upon enrollment in the UnitedHealthcare pregnancy program. When you enroll in the program, you'll be able to work with a maternity nurse who is available to help answer questions, and provide educational information to help you make informed decisions throughout your pregnancy and after giving birth. Get started in the pregnancy program today by contacting the toll-free number shown on your health plan ID card.

 Search **UnitedHealthcare Healthy Pregnancy** in the Apple® App Store® or Google Play™ store to download the app.

**Download at no additional cost to you, as part of your health benefits!**



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Registration is required to access the UnitedHealthcare Healthy Pregnancy app.

**This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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