

# SMARTSTARTS

THE SMART CHOICE FOR YOU AND YOUR BABY

## Protect your most precious gift

*Ask a mom-to-be what she needs to do before her baby is born, and she'll give you a very long list. If you're expecting, put taking good care of yourself and your baby at the top of your "to-do's" and enroll in the MedCost Benefit Services SmartStarts maternity education program.*



### A supplement to your doctor's care

SmartStarts will help you get ready to welcome your baby by providing you with resources and information about each stage of your pregnancy. An experienced MedCost SmartStarts prenatal nurse will call at scheduled times to offer individual attention and support so that you feel prepared and confident. Each trimester, you will receive educational materials that are relevant to where you are in your baby's development. The more you know about your pregnancy and any complications that may arise, the more closely you can work with your doctor to help ensure that your baby is born strong and healthy.

### Answers when you need them

Every pregnancy is unique, and whether this is your

first baby or you are an experienced mom, you'll have questions and concerns along the way. MedCost SmartStarts nurses are available by phone or secure email to provide answers and peace of mind whenever you need them. You also will have 24/7 access to the SmartStarts website, where you'll find helpful information about pregnancy and parenthood.

### It's easy, it's confidential, and it's free

Enrolling in MedCost SmartStarts is as simple as making a phone call and answering a few questions. You can talk openly and honestly with the SmartStarts nurse, with the assurance that all conversations you have are confidential.\* Best of all, SmartStarts is a free benefit offered to eligible participants of your health plan.

*\*All conversations with your prenatal nurse are confidential and will not be shared with your employer.*

**Call 1-800-795-1023 to enroll in the MedCost SmartStarts program as soon as you know you are pregnant.**

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