



PREGNANCY CARE

A Healthy You program for Apex members

Apex is pleased to offer PregnancyCare to expectant moms. This program helps you manage your health during pregnancy. You also receive support right after your baby is born. Enrollment in the program is free and confidential.

PregnancyCare offers:

- Three confidential pregnancy assessments
- *Your Journey Through Pregnancy*, a comprehensive book to guide you through pregnancy
- Access to a personalized website
- Access to toll-free BabyLine® **855-303-2229**
- Dedicated maternity nurses to manage high-risk maternity care (a nurse will work with you and your physician to coordinate your care)

Access to BabyLine®

Once you are enrolled, you can begin to use the BabyLine®. This toll-free phone line is answered 24 hours a day, seven days a week and is available until six weeks after your baby is born. You can speak with an experienced maternity nurse who will answer any questions you may have, even on the weekends! All you have to do is call **855-303-2229**.

For more information or to enroll, call toll-free 855-303-2229 or visit pregnancycare.alerehealth.com.

Apex Health Solutions complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, religion, gender identity or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-753-8429 (TTY: 1-800-750-0750).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-753-8429 (TTY:1-800-750-0750)。

