

# Have a healthy pregnancy

HealthyOptions<sup>SM</sup>

When you enroll in our program, we will help you have a healthy pregnancy, delivery and baby. Through one-on-one, personalized telephone calls, one of our nurses will guide you by providing:

- Education to help manage health between provider visits
- Materials to help plan delivery and mother care at home
- Added support during pregnancy
- Post-delivery follow up

Enroll today! Call **800-520-3137**.

Visit us at [bcbsks.com](https://bcbsks.com)



1133 SW Topeka Blvd, Topeka, KS 66629

Our program is provided at no additional cost to your existing health plan. Participation in the program is completely voluntary. You may choose to discontinue participation in the program at any time. Participation will not affect any health insurance benefits. Some employer groups do not provide our programs as an option. If you are an employee at one of those businesses, contact your human resources department to inquire about similar programs.