



**Cigna Healthy Babies
begins as soon as your
doctor says,
“Congratulations,
you’re pregnant!”**



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Proud Supporter
march of dimes®
march for babiesSM



**GIVE YOUR BABY
A HEALTHY START**

Cigna Healthy Babies

Together, all the way.®



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You have questions. We can help.

To support you during your pregnancy, you'll get:

- › Information to help you learn about pregnancy and babies, including information from the March of Dimes®.
- › 24/7 telephone access to a nurse advocate.*
- › Support from a case manager, who has nursing experience, if you or your baby have special health care needs.**



Call the number on your Cigna ID card to receive your Welcome Kit.

Start today and give your baby a healthy start in life.



Information you can count on

You'll find a wealth of information on **myCigna.com** from trusted sources like WebMD and Healthwise. You'll learn how to:

- › Make a plan for a healthy pregnancy
- › Monitor your pregnancy week by week
- › Prepare for labor and delivery
- › Care for your baby

Log in to **myCigna.com** now.

Learn how to stay in the best possible health during your pregnancy.

* These nurse advocates hold current nursing licensure in a minimum of one state but are not practicing nursing or providing medical advice in any capacity as a health advocate.

** Not included in all plans.