## MATERNITY MANAGEMENT

Are you or your spouse pregnant? If so, you can take advantage of the Maternity Management program to get one-to-one support from a registered nurse who can help you achieve a healthy pregnancy.

Through the Maternity Management program, a nurse will call you on a regular basis to provide educational information and discuss ways to minimize the risks to you and your baby. Your nurse, who is experienced in all aspects of prenatal care, will also help you manage your diet and exercise and discuss other ways to stay healthy throughout your pregnancy. Even if you aren't a first-time mom, your nurse can help you through the changes that come with each unique pregnancy.

