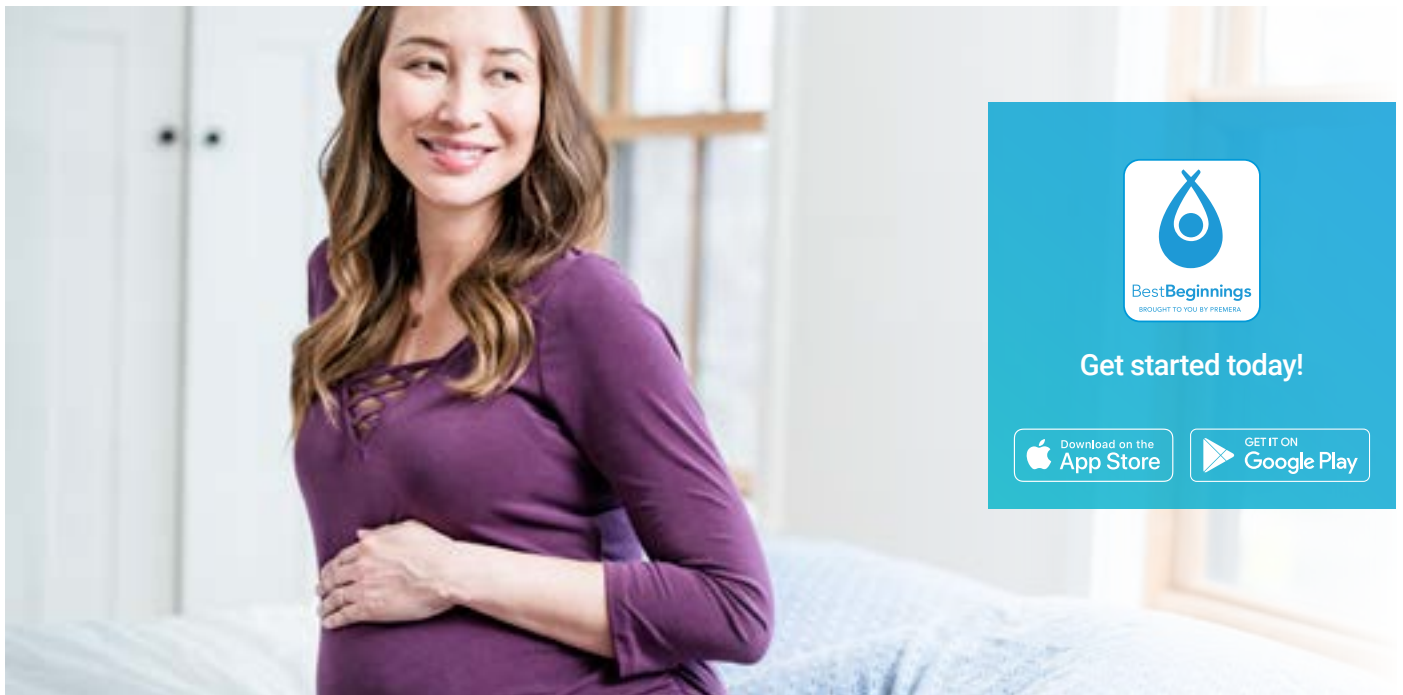


# Giving growing families the best start possible

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BestBeginnings is a comprehensive maternity program that provides information and support for pregnancy, delivery, postpartum care, and newborn care.



With BestBeginnings, you have access to:

- **The BestBeginnings app.** Record your medical milestones, prepare for doctor visits, log your health history and test results, research questions before and after delivery, and track your baby's growth. It's also a link to your healthcare plan so you have one less thing to think about.
- **Extra clinical support.** Premera Personal Health Support (PHS) clinicians are here for you when you need them. Their knowledge is especially helpful for moms who are over age 35 or have a history of multiple births, pre-term birth, miscarriage, or complicating health conditions. Call [855-756-0797](tel:855-756-0797) to speak with a PHS clinician.
- **Maternity and newborn benefits.\*** You have access to prenatal care, postpartum care, breast pumps, and more. Visit [premera.com/care-essentials/pregnancy](https://premera.com/care-essentials/pregnancy) to discover more about your maternity benefits.

\*Benefits under your health plan may differ, so refer to your [benefit booklet](#) for information on what your specific health plan covers.

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