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| Giving growing families the best start possible 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** 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://www.premera.com/visitor/care-essentials/pregnancy) to discover more about your maternity benefits.   Get started today! Download the BestBeginnings app for [iOS](https://apps.apple.com/us/app/bestbeginnings-by-premera/id1234181237) or [Android](https://play.google.com/store/apps/details?id=com.wildflowerhealth.UDDP.Premera.ml&hl=en_US&gl=US).  \*Benefits under your health plan may differ, so refer to your [benefit booklet](https://www.premera.com/member/benefit-details) for information on what your specific health plan covers. |
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