

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 following:

- **The BestBeginnings app.** Record your medical milestones, health history, test results, and your baby's growth. You can also research questions before or after delivery and prepare for your doctor visits. 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 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.