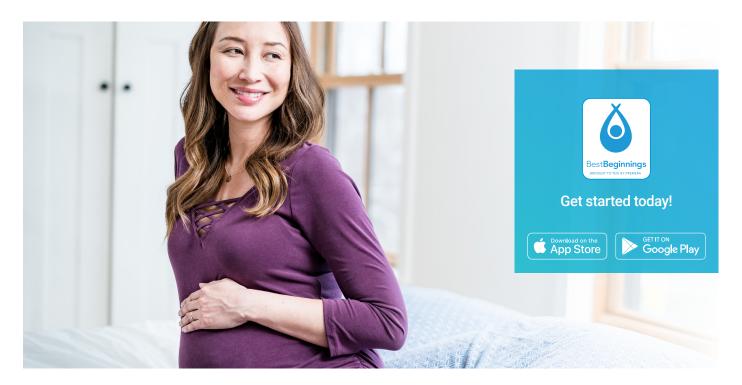
Giving growing families the best start possible

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.

