



# Special delivery

## Explore the Maternity Support Center

### Give your baby a healthy start

If you're thinking about starting a family, already pregnant or a new parent, the Maternity Support Center is a great resource for you, your spouse or your partner.

And while it can be a very exciting time in your life, the amount of information about pregnancy and parenting can be overwhelming. So take comfort in knowing you have a trusted, reliable resource for maternity health and benefits information.



## Support for all stages

You'll find helpful information for each stage of your journey. Here are just some of the highlights:

### Before pregnancy

- Tips for a healthy pregnancy
- Questions to ask when starting a family
- Choosing a doctor and care team
- Understanding your benefits

### During pregnancy/delivery

- What to expect in each trimester
- The importance of prenatal visits
- Signs of preterm labor
- Information on labor and delivery, breastfeeding and breast pumps

### Caring for your baby at home

- First-year checklist
- Recommended immunization schedule
- Car seat safety
- Helpful sleep tips

### Taking care of yourself

- What to expect at your post-pregnancy checkup
- How to quickly find answers about family health
- Understanding "baby blues" and postpartum depression
- Contraception and baby spacing

## Get information when it matters most

We're here to give you the information you need during this special time. Whether you want advice on how to safely put your baby to sleep or quick tips to get through those 3 AM feedings, count on us to help.

## Visit us before, during and after your pregnancy

- Go to **Aetna.com** and log in to your member website.
- Choose "Stay Healthy."
- Select "Maternity Support Center."



## Questions?

Just call the number listed on your ID card.

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