



# YOU'RE EXPECTING. CONGRATULATIONS

We've got some exciting news too.

As part of your health benefits, we invite you (or your spouse) to participate in Mohawk Maternity Health!

## It's one-on-one help for you and your baby

Regular phone calls from a personal nurse will help you stay healthy during pregnancy and help you avoid problems and complications.

## Someone you can turn to for advice

Mohawk Maternity Health gives you direct access to your own nurse who can help you with the changes you experience during pregnancy. Your nurse can help you:

- › Follow a healthy diet and lifestyle
- › Understand your prenatal tests and the results
- › Find a specialist if you need one
- › Recognize the signs of early labor
- › Take care of yourself and your newborn after delivery
- › And much more!

## How it works

On your first call you'll get to know your nurse. Your nurse will set up some telephone appointments to check in from time to time. You can call your nurse whenever you have a question and as often as you like.

**Together, all the way.®**

## It's a benefit at no cost to you – but you have to sign up

This benefit is part of your health care coverage. But you need to call **1.855.566.4295** to get started. Nurses are available Monday–Saturday.

This program is entirely confidential. And remember, the sooner you call, the sooner Mohawk Maternity Health can be a helping hand for you and your growing family.



**Enroll in Maternity Program and complete initial assessment and who continue to meet with their personal nurse qualify for a Tyto Care device (\$300) prior to the estimated delivery date. The Tyto Care device works with a dedicated Amwell pediatric practice allowing virtual care 24/7.**

**Enrollment is encouraged at any time during the pregnancy. Call 1.855.566.4295 to sign up!**



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