

Cigna maternity coverage begins as soon as your doctor says, “Congratulations, you’re pregnant!”

give your baby a healthy start



Proud Supporter



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Together, all the way.™

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# you have questions. we can help.

## To support you during your pregnancy, you'll get:

- Information to help you learn about pregnancy and babies, including information from the March of Dimes®.
- 24/7 telephone access to a health advocate.
- Support from a registered nurse case manager if you or your baby have special health care needs.\*

## Call the toll-free number on your Cigna ID card to sign up.

Start today and give your baby a healthy  
start in life.

## Information you can count on.

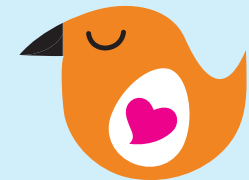
You'll find a wealth of information on **myCigna.com** from trusted sources like WebMD and Healthwise. You'll learn how to:

- Make a plan for a healthy pregnancy
- Monitor your pregnancy week by week
- Prepare for labor and delivery
- Care for your baby

You can also sign up for a free pregnancy email newsletter, parenting magazine and get a personalized pregnancy calendar.

Log on to **myCigna.com** now. Click the *Manage My Health* tab, then click *My Health Programs & Resources*.

Learn how to stay in the best possible health during your pregnancy.



*\*Not included in all plans*