



~personify[™]
HEALTH

**Guidance for a healthy pregnancy
and baby's first weeks**

Nurturing Together

Personify Health has partnered with your employer to offer free access to this program.

When you're expecting a child or parenting a newborn, you may need someone to turn to for advice and information. The Nurturing Together program provides you with access to prenatal nurses and their expertise in the care of parents and newborn babies. Your prenatal nurse remains available to you throughout your pregnancy and six weeks postpartum to assist you in getting the information and care you need such as:

- Pregnancy and newborn baby care
- Support for pregnancy-related issues (nausea, vomiting, diabetes, high blood pressure)
- Help finding network providers (obstetricians and/or pediatricians)
- General parent health topics
- Community resource referrals
- Access to a breast pump
- Lactation consultant support

By providing this program at no cost to you, your employer has taken the first step in helping you to have a healthy pregnancy and baby. The next step is yours. To get the most benefit from the Nurturing Together Program, please contact us as early as possible in your pregnancy or if you are thinking about pregnancy in the near future.

Personify Health is here to help. To get started and meet your nurse today, contact us at:

985-898-1590 or email
CM-Pregnancy@personifyhealth.com

Disclaimer: All Nurturing Together program materials and information is intended to provide education only and is not a recommendation for treatment. Nurturing Together services are not intended to replace the advice of your doctor. Please talk to your doctor about any concerns or changes you may want to make in your health care.