



REGENCE PREGNANCY PROGRAM

## Get ready for baby with the Regence Pregnancy Program

We're here to help you get the information and support you need to prepare for delivery and care for your new baby. Download the Regence Pregnancy Program app (find it in the App Store or on Google Play) to track milestones and find answers to all your pregnancy and new-parent questions.

### With the Regence Pregnancy Program, you'll receive:

Seasonal pregnancy newsletters

A maternity nurse care manager who'll be there to support you every step of the way

Help understanding and following your doctor's or midwife's advice

24/7 access to our toll-free maternity nurse advice line



Download the Regence Pregnancy Program app to get the information and support you need for your pregnancy and your new baby.

### Get the Regence Pregnancy Program app and you can:

Read helpful articles and watch videos about pregnancy, caring for your baby and child development

See your weekly to-dos for each trimester

Write down questions to ask your doctor or midwife (and share those notes with loved ones)

Use helpful tools for pregnancy and after delivery, including feeding and growth trackers

Track your baby's development milestones from ages 0-2

**Want more information?** Email us at [CaseManagement@regence.com](mailto:CaseManagement@regence.com) or call 1-888-JOY-BABY (1-888-569-2229).



Regence BlueShield of Idaho is an Independent Licensee of the Blue Cross and Blue Shield Association

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