

Support is available every step of the way.

The AllOne Health Maternity Care Program is tailored to meet your special needs by offering:

- Personalized attention from a Health Coach
- Coordination of care with your doctor, as necessary
- A pregnancy or child care-related book
- Educational literature about pregnancy for each trimester, childbirth and post-delivery-related topics
- A prenatal calendar to follow your pregnancy month-by-month and record your experience
- Telephone monitoring to help guide you through your pregnancy and post-delivery period, as necessary

If you are interested in receiving educational materials or would like to speak with a Maternity Care Health Coach, please call **1.866.430.ALL1 (2551)** or **(TTY) 1.877.720.7771**, weekdays, 8 a.m. to 8 p.m. EST, or visit www.myallonehealth.com.

AllOne Health is here to help you.
Find out how you can get started today!

Your health is important to us and we know your privacy is important to you! Rest assured that information shared on your Health Assessment or with your Health Coach is kept private and confidential. **We will not share your personal information with your employer or anyone else (unless required by law).** We use the information you share through our Health Management programs only to help you meet your goals for better health and a healthier lifestyle!

HEALTH MANAGEMENT

Maternity Care



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There are few moments in life that can compare with the feelings of joy that a mother experiences after giving birth.



Pregnancy is a life-altering event, with many physical and emotional changes. While this is an exciting time for a woman, it is also a period when support may be needed. AllOne Health® offers a Maternity Care Program to help educate and provide caring reassurance every step of the way.

Whether you are a first-time mother-to-be or already have children, our Maternity Care Program is designed to provide you with individualized education and support throughout your pregnancy and in the immediate post-delivery period. The program provides added value by complementing the care you receive from your doctor and offers educational materials and online resources.

The AllOne Health Maternity Care Program does not replace the care of your doctor or other provider. Instead, it offers additional support and resources. We work with you and your doctor to achieve the best possible care plan and healthiest outcome for you and your baby.



AllOne Health connects with you for your healthy future.

When you join, you will receive a Maternity Care Program questionnaire to complete so that the Program Health Coach can identify and understand your special needs. All information is confidential and will be shared with your doctor only if necessary. Follow-up calls will be made as needed, based upon your individual needs. Our staff is made up of registered nurses with special education in maternity care.