



# You and your healthy baby

We're here with you every step of the way

Pregnancy is an amazing journey for every mom-to-be and her family, and we'd like to help make it as smooth as possible. **Future Moms with Digital Maternity Support** is here to give you the information, tools and resources you need for a healthy pregnancy, delivery and baby.

Through the program's app, powered by MyAdvocate™, you'll have lots of features to choose from: You can personalize to-do lists and a pregnancy calendar or use the baby kick counter, contraction time tracker and chat options. Plus, you'll get timely updates on your pregnancy, your baby's progress, changes to your body, and how you can prepare for labor and delivery.

We'll keep you connected and in the know on your computer, smartphone or mobile device.

**Ready to sign up?**

**Download the My Advocate Helps app  
or go to [MyAdvocatehelps.com](https://MyAdvocatehelps.com).**

## How it works

- Once you're pregnant and have seen a doctor, you should get an email, text or interactive voice response inviting you to enroll in Future Moms. Make sure you're registered at [anthem.com/ca](https://anthem.com/ca), so we know how to get in touch with you. You can also download the **My Advocate Helps™ app** or go to [MyAdvocatehelps.com](https://MyAdvocatehelps.com). It doesn't cost you anything extra to sign up and you'll have support for up to 12 weeks after birth.
- Next, you'll complete a risk assessment. If you're at risk for complications or early delivery, you can work with a nurse case manager by phone to create a pregnancy plan just for you and make sure you and your baby get the best care.
- When your baby arrives, you can have free video visits with a certified lactation consultant, counselor or registered dietitian using **Future Moms with Breastfeeding Support on LiveHealth Online!**

All of these services help you catch problems early and avoid surprises. So please take advantage of everything Future Moms has to offer.