



## PERSONAL SUPPORT FOR A SMOOTH & HEALTHY PREGNANCY

The Allegiance Maternity Management Program offers assistance and support for members who are pregnant at no additional cost. The program provides you with ongoing one-on-one care and expertise throughout your pregnancy.

When you sign up, your personal maternity nurse will be available to share education and resources to ensure a healthy and low-stress pregnancy. And after baby is born, your nurse will continue to be a resource for you during those crucial first few weeks as a new mother.

*Every woman's pregnancy, delivery, and postpartum needs and challenges are different. With the Maternity Management Program, you can feel secure knowing we're with you every step of the way.*

**This program is available at no cost to you - in fact, your employer has set up a bonus for participating!**

### 1st & 2nd Trimester

If you register within the first or second trimester of your pregnancy, you will receive a gift and a \$25 gift card upon completion of the program.

### To participate, you must:

- Register as early in your pregnancy as possible
- Check in with your nurse regularly throughout your pregnancy
- Complete the Post Pregnancy Assessment

Sign up online by completing the enrollment form at [secure.askallegiance.com/MaternityManagement](https://secure.askallegiance.com/MaternityManagement)



For more information, questions, or to enroll by phone,  
call the Allegiance Care Management Nurse at 877-792-7827 Ext. 1.