

# Memories in the making

Trust in us for knowledge and support  
on your journey to motherhood

Whether you are considering having a baby or are already expecting, UMR Maternity Management can teach you how to reduce your risk of complications and prepare you to have a successful, full-term pregnancy and a healthy baby.

## How it works?

Healthier women are more likely to have healthy babies. If you are thinking about starting a family, our experienced OB/GYN nurses will help you understand your personal health risks and empower you to take action before you become pregnant. When the time arrives, our registered nurses will support you with timely prenatal education and follow-up calls, and will refer you to case management if a serious condition arises. Your nurse coach will call you each trimester during your pregnancy and once after your baby is born.

If you are pregnant and are identified as high-risk, a nurse case manager will monitor your condition and work to reduce your claims costs throughout your pregnancy and the post-delivery period.

You can self-enroll in maternity management or pre-pregnancy coaching, or you'll be contacted and invited to participate if you are identified as pregnant through a clinical health risk assessment, utilization review or other program referrals.




## It pays to participate

You'll receive an incentive gift\* as a thank you for participating in the program, sent to you after your delivery.

\*To be eligible for the free incentive gift you must enroll during your first or second trimester and continue to actively participate in the program each trimester of your pregnancy.



A UnitedHealthcare Company



## Sign up today!

To enroll, simply go to [umr.com](http://umr.com), or call **888-438-8105**.

Don't pass up this opportunity to work one-on-one with an experienced nurse coach. We can help you reduce your risk of complications for a healthy pregnancy. Plus, you can receive free educational materials and an incentive gift.\*

### Once enrolled, you'll receive ...

#### One-on-one phone calls with a nurse who:

- Provides comprehensive pre-pregnancy and prenatal assessments
- Shares educational information before you become pregnant and throughout your pregnancy
- Encourages you to call with any questions or concerns and continues to reach out each trimester and again after your delivery to see how you and your baby are doing
- Sends a courtesy letter (with your permission) informing your physician that you're in the program

#### No-cost educational materials in the mail:

You can choose from a selection of high-quality books and other materials containing helpful information about pregnancy, pre-term labor, childbirth, breast-feeding and infant care.

- "Happiest Baby On The Block"
- "Nursing Mother's Companion"
- "Your Baby's First Year"
- "Baby and Me"
- "Mayo Clinic - Guide to Healthy Pregnancy"
- "The Womanly Art of Breastfeeding"

### It's free and confidential

#### No cost:

Maternity management is a valuable benefit provided by your employer at no additional cost to you.

#### Confidential:

UMR takes confidentiality very seriously. It's important to know that we won't share any identifiable, personal health information with your employer. Your employer receives group information only. UMR care management programs operate in compliance with all federal and state privacy laws.

\*To be eligible for the free incentive gift you must enroll during your first or second trimester and continue to actively participate in the program each trimester of your pregnancy.