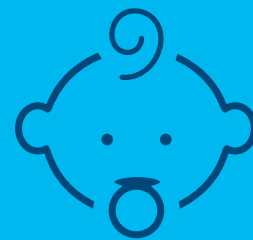


OH BABY! NINE MONTHS...



That's 273 days, 6,552 hours and 393,120 minutes.

A special message from the Cigna Healthy Pregnancies, Healthy Babies® program

For an expecting mother, however, it can feel like tomorrow. Let's face it, when it comes to having a baby, there is so much to prepare for.

Just for starters, you're choosing a hospital or birthing center, buying a car seat, preparing the nursery and babyproofing the house. First-time parents are in overdrive, trying to learn as much as they can about newborn care. And even seasoned parents can feel overwhelmed as they prepare their current family unit for the new arrival and possibly plan for a new kind of delivery.

The **Cigna Healthy Pregnancies, Healthy Babies®** program can help, providing education and support throughout your entire pregnancy – and after. What's more, if you complete the program, you could be eligible to receive an incentive of up to \$150!

Enroll early and receive \$150!

Take care of you and your baby while you enjoy the full benefits of Cigna Healthy Pregnancies, Healthy Babies.

It's easy!

- ▶ Enroll in the first trimester, complete the program, and you'll receive \$150, or
- ▶ Enroll in the second trimester, complete the program, and you'll receive \$75

To enroll call Healthy Pregnancies, Healthy Babies directly at **800.615.2906**, call your Cigna Member Advocate at **888.502.4462**, or visit **myCigna.com**, select Healthy Pregnancies, Healthy Babies and click Enroll online now.

- ▶ We'll help you develop a care plan with your doctor with the personal support you need to help you have a healthy pregnancy; and
- ▶ You'll receive your incentive when you complete the program, which includes a call from a maternity specialist after your baby is born to discuss postpartum and newborn care.

Together, all the way.®



Do you need more information?

As with anything that has to do with your health and well-being, if you have questions about preparing for your baby's delivery, make sure you talk with your doctor.

In addition, you can:

- Call and enroll in **Cigna Healthy Pregnancies, Healthy Babies**[®]. Our nurses are experts who can answer all kinds of pregnancy-related questions - from staying at a healthy weight during your pregnancy, to delivery options, birthing classes and maternity benefits.
- Call the **Cigna 24-Hour Health Information Line**SM, and talk with a nurse or access an audio library of educational topics. Choose from a variety of pregnancy and general health topics, like Overcoming Fear of Childbirth (5260), Childproofing your Home (4553), Finding and Choosing Child Care (4520) and Safety Seats for Children (4674). For a complete list of topics, go to the "My Health" tab on **myCigna.com**. You can access the nurse and audio library by calling the member services number on your Cigna ID card.

Other good resources include:

- The Medical Encyclopedia from Healthwise[®] on **myCigna.com**, under the "My Health" tab.
- **marchofdimes.com** for information on pregnancy and prenatal care, as well as care after your baby is born.

Enroll in Healthy Pregnancies, Healthy Babies today

- Call a Healthy Pregnancies, Healthy Babies representative directly at **800.615.2906**, call your Cigna Member Advocate at **888.502.4462**, and follow the prompt for Healthy Pregnancies, Healthy Babies, or visit **myCigna.com** as soon as you know you are pregnant.
- You'll be transferred to a maternity specialist who will do an in-depth, individualized health assessment to identify any special needs you may have. Next, they will help you develop a care plan with your doctor for your pregnancy, and will help you understand how to deal with any health conditions or change unhealthy behaviors.

And enjoy the rewards tomorrow!

Prudential rewards employees who enroll in Healthy Pregnancies, Healthy Babies. You can receive an incentive of \$150 if you enroll in the first trimester or \$75 if you enroll in the second trimester. You'll receive your incentive when you complete the program, which includes a call from a maternity specialist after your baby is born. And you'll be eligible for the incentive even if you've had several pregnancies.

Beyond the first pregnancy

Any expecting parent can benefit from Healthy Pregnancies, Healthy Babies and its free informational and support resources - even if this isn't your first baby. Every pregnancy and baby is unique and what you did for a previous pregnancy may not be exactly what you'll need to do this time. And, if you have ongoing or newly diagnosed medical conditions or lifestyle habits that can affect your pregnancy and baby, enrolling in Healthy Pregnancies, Healthy Babies is an easy way to get the support you need.



To enroll call Healthy Pregnancies, Healthy Babies directly at 800.615.2906, call your Cigna Member Advocate at 888.502.4462 and follow the prompt for Healthy Pregnancies, Healthy Babies, or visit myCigna.com, select Healthy Pregnancies, Healthy Babies and click Enroll online now.



Health plan incentives may be subject to taxes. Contact your tax advisor for details.

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