

# Healthy Pregnancy Program

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The Health Plans Healthy Pregnancy Program is a helpful pregnancy planning service available free-of-charge to Dartmouth-Hitchcock medical plan members. The complexities of pregnancy can make it especially challenging to “connect the dots” between various informational resources and care providers. The Healthy Pregnancy Program makes getting the best care simple.

## Program Description

Obstetric Nurse Care Managers collaborate with members, families and health care providers to identify individual needs. They provide pregnancy education, support, and coordinated care from the first office visit through follow-up. Care managers ensure a seamless experience for members and their families—greatly reducing unnecessary appointments and hospital visits.

### Healthy Pregnancy Program Highlights:

- Individual support and current Healthy Pregnancy educational materials
- Customized care planning
- Reduction of unnecessary doctor, hospital and Emergency Room visits

## What to Expect

Nurse Care Managers provide personal outreach to members and health care providers. In addition to coordinating care, Care Managers follow the treatment process and provide members targeted educational materials and helpful reminders. Members will also have access to a wealth of online pregnancy resources. Some common program components include:

- Personal support care coordination by an Obstetric Nurse Care Manager
- Guides to Normal pregnancy changes, including the *Mayo Clinic Guide to a Healthy Pregnancy*
- Healthy lifestyles including nutrition, normal weight gain, hydration, exercise and clinical issues in pregnancy
- Infant & toddler health, including the book, *What to Expect the First Year*
- Postpartum depression education and screening
- Online health database with up-to-date information on pregnancy and childbirth

## Signing Up

Dartmouth-Hitchcock provides the Healthy Pregnancy Program free for all members of the Dartmouth-Hitchcock medical plan. If you would like more information about enrolling in this voluntary program, please call **866-471-5550** and ask to be referred to the Healthy Pregnancy Program. A Health Plans Obstetrical Nurse Case Manager will contact you and provide introductory information about the program.

[www.HealthPlansInc.com/D-H](http://www.HealthPlansInc.com/D-H)