

SelectHealth Healthy Beginnings[®]

How we can help

Our Healthy BeginningsSM program is designed to help you have the healthiest pregnancy possible. This prenatal program is available to you at **no extra cost**. Our nurse care managers can offer:

- > Support and education during your pregnancy
- > Help with claims and benefit questions
- > Community resources, such as Women, Infants, and Children (WIC) and food and transportation programs, etc.
- > Education about childbirth, breastfeeding, and more
- > Access to needed care

Extra perks

- > Cash incentives¹ for prenatal and postnatal care²
- > Free online education through Intermountain Healthcare[®]
- > Prenatal booklet and a free book of your choice
- > Help getting a breast pump after delivery



How to enroll

Call us at **866-442-5052**, Monday through Friday, from 8:00 a.m. to 5:00 p.m. MST. If calling after hours, please leave a message with a phone number and best time to reach you.

- ¹ Incentives received may be considered income and subject to tax
- ² Based on plan type

