



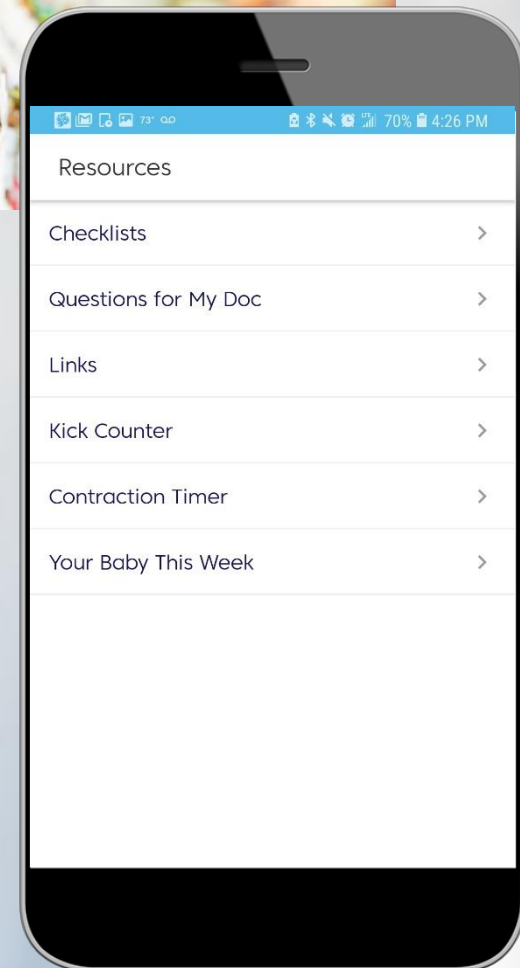
Future Moms with Digital Maternity Support:

Digital Maternity Support

- › Personalized app features (customizable to-do lists, checklists, pregnancy calendar, etc.)
- › Digital interactions twice a week to monitor the member's ongoing risk during pregnancy
- › Digital delivery of health education materials
- › Interactive chat

Future Moms participants also get:

- › Information about pregnancy care and related topics, as well as the *Mayo Clinic Guide to a Healthy Pregnancy*.
- › 24/7 phone access to nurse coaches.



Future Moms Breastfeeding Support on LiveHealth Online can help

- Live video visits with a lactation consultant or registered dietitian for personalized postpartum nutrition and lactation support
- Education and guidance on:
 - Breastfeeding
 - Formula feeding
 - Nutrition while breastfeeding
 - Introducing solids to your baby
 - Weight loss after delivery
 - Stress management
- Holistic approach – easy transfer to another health professional such as a board-certified doctor or licensed therapist.



Fully
integrated
with Future
Moms.