

Future Moms

What's a dad to do?



Nine months can feel like a long time for dads-to-be. You're there to help your partner, but do you wish you could do more? You can. Ask your partner to sign up for the Future Moms program. Just call us toll free at 866-664-5404. It's part of your health plan and is no cost to use.

Future Moms can help your partner get the care she needs and make healthy choices. And that can mean a safer delivery and a healthier baby.

When a mom-to-be signs up, a Future Moms registered nurse will call to help her spot risks while she's pregnant. And the nurse will keep in touch with her to help her stay on track. She'll also get:

- A toll-free number that both of you can call 24 hours a day, seven days a week to ask questions about your pregnancy.
- Your Pregnancy Week by Week, a book that shows what changes you can expect for your partner and your baby over the next nine months. It has tips to keep your partner happy and healthy, too.
- A booklet with tips to help keep mom and your new baby safe and well.
- A screening to see if she might be at risk for depression or early delivery.
- Other useful tools to help you, your partner, your doctor and your Future Moms nurse keep track of your pregnancy and spot possible risks.
- Free phone calls with other specialists, if needed.

Tell your partner about Future Moms

If she's covered by your health plan, she can join Future Moms as soon as she knows she's pregnant.

It's easy. Call us toll free at 866-664-5404.



*Source: 2010 Membership Satisfaction Studies

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