



Healthy BeginningsSM

Select Health's Healthy Beginnings program is designed to help you have the healthiest pregnancy possible. This program is covered for Select Health members at no added cost. Here are a few of the things our nurse Care Managers can help with:

- Support during your pregnancy
- Answering questions
- Learning about local programs such as, Women, Infants, and Children (WIC), food and transportation assistance, and more
- Classes on birth, breastfeeding, and other topics
- Help getting needed care

Extra perks

Members who join this program also get:

- Rewards for prenatal and postnatal care*
- Online classes through Intermountain Health*
- Help getting a breast pump

** based on Select Health plan type*

Get started! Select Health care managers are here for you. Call **866-442-5052**, visit **selecthealth.org/wellness/care-management**, or scan the QR code below to learn more and enroll.



Select Health obeys federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, sexual orientation, gender identity or expression, and/or veteran status. This information is available for free in other languages and alternate formats.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電
Select Health Advantage: **855-442-9900** (TTY: 711) / Select Health: **800-538-5038**.

