

Supporting healthy pregnancies

The Future Moms program provides personalized support at every stage of pregnancy

Meaningful connections for healthy pregnancies

Through multiple resources, including one-on-one calls with a maternity nurse, no-cost breastfeeding support, and timely health screenings, we can help improve pregnancy outcomes and reduce the costs associated with complications.



Olivia's pregnancy journey

▷ 01

Enrollment

Olivia is pregnant with her first baby. Her initial OB visit triggers a Future Moms mailing to her home. She calls to enroll and is transferred to Susan, a 10-year Future Moms nurse.

▷ 02

Initial assessment and Welcome Kit

Susan conducts a personalized assessment and depression screening. She sends Olivia the *Mayo Clinic Guide to a Healthy Pregnancy* and a brochure with tips and a checklist on maternity care.

Olivia's journey (cont.)

▷ 03

28-week assessment

At 28 weeks, Susan checks in and hears about symptoms Olivia has been experiencing. Susan encourages Olivia to follow up with her OB and suggests questions she can ask.

▷ 04

Ongoing support

Olivia is almost due and nervous about breastfeeding after delivery. She calls Susan, who reassures her that virtual lactation consults are available with the SydneySM Health app and LiveHealth Online.

▷ 05

Postpartum follow-up and Birth Kit materials

Olivia has her baby, a boy named Markus. Susan calls to conduct a postpartum evaluation. She learns Olivia had a smooth delivery and, with help from a virtual lactation consultant, Olivia and Markus are off to a strong start.



Confidence in care

We're reimagining what is possible for every moment of health. To find out how Future Moms can benefit your company and employees, contact your Anthem account representative.

This example is for illustrative purposes. The referenced member is not a real person.

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