HealthPartners

Healthy baby, healthy you

If you're pregnant or thinking about it, we have lots of resources to support you – all available at no cost to you.

Want to know more?

Visit **healthpartners.com/pregnancysupport**

Planning and preparing for pregnancy

Start by taking the online assessment at **healthpartners.com/healthy-pregnancy**. Based on your answers, you may get a call from a nurse. Our specially trained team will work with you over the phone to answer questions and give advice between doctor visits.

Personalized digital support

After you take the assessment, you'll have access to the **My Pregnancy** digital experience in your HealthPartners account and through email. It's all written by our health experts and timed to where you're at in your pregnancy. Topics include staying healthy, what to expect in each trimester, health plan coverage, caring for a newborn and much more.

Other resources during pregnancy

- **24/7 phone support from a nurse** whenever you need it – even at 3 a.m. Call the BabyLine at **612-333-2229** or **800-845-9297**.
- **Track your pregnancy with the myHealthyPregnancy app.** Our myHealthyPregnancy app powered by YoMingo puts important parent education resources and fun extras for every stage of pregnancy, newborn care and more at your fingertips. Visit **healthpartners.com/myhealthypregnancy** for instructions on how to download the app.

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