



BlueCross BlueShield of Texas | Experience. Wellness. Everywhere.®



Special Beginnings[®]

is especially designed for you and your baby

Special Beginnings helps you throughout your pregnancy. This free program starts when you notify us and goes until six weeks after delivery. It helps you:

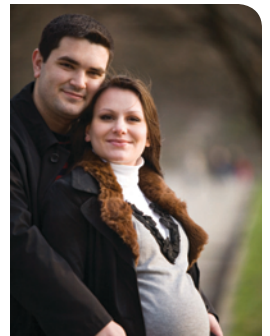
- **Learn if you or your baby are at risk** and what to do about it.
- **Know more about what to expect.** You'll get a free copy of *The Simple Guide to Having a Baby* with information about pregnancy and taking care of your baby.
- **Coordinate care with your physician** and talk to other program staff about your needs and concerns.
- **Manage any high-risk conditions** such as gestational diabetes and preeclampsia.

Call us to enroll in this free program as soon as you find out you're pregnant.

Special Beginnings is not a substitute for professional medical guidance. It is important to share any health concerns with your physician.

Take good care of yourself and your baby – enroll in Special Beginnings today!

Enrollment is easy and confidential. Just call **(888) 421-7781**, 8 a.m. – 6:30 p.m., central time.



www.bcbstx.com/hs