

# PacificSource Prenatal Program

## Healthy Babies Start With Healthy Pregnancies

PacificSource is pleased to offer the Prenatal Program, a voluntary, no-extra-cost program designed to help you take care of your baby even before birth.

As a participant, you'll receive an information package that includes:

- *Great Expectations*, a book on pregnancy and childbirth
- Educational materials, pamphlets, email tips, and newsletters
- A toll-free phone number you can call Monday to Friday from 8:00 a.m. to 5:00 p.m. to receive support from our prenatal nurse.
- A confidential assessment questionnaire to evaluate your health and unique needs during your pregnancy.

For more information or to enroll, simply call (888) 691-8209, ext. 5268, or email us at [pregnata@pacificsource.com](mailto:pregnata@pacificsource.com). Or visit [PacificSource.com](http://PacificSource.com) and click on For Our Members > Health & Wellness > Prenatal Program. After you register, everything you need will be sent directly to your home.



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