



# HMSA Pregnancy Support Program

To help you have a healthy pregnancy, the HMSA Pregnancy Support Program pairs you with your own maternity nurse who'll call you to provide personalized education and counseling to support the care you receive from your ob-gyn.

This program is voluntary and available at no cost to HMSA members.

## What kind of services will I receive?

When you enroll, we'll match you with an experienced, knowledgeable maternity nurse who can answer your questions and help you with your concerns.

## You'll also receive:

- A copy of *Your Pregnancy and Childbirth: Month to Month*, published by the American College of Obstetricians and Gynecologists. This book is a trusted resource written by women's health experts.
- Referrals to community resources.
- Coordination with your health care provider.
- Additional nurse support over the phone after delivery.

## How soon should I enroll?

Enroll as soon as your pregnancy is confirmed. Prenatal care should start in the first three months of your pregnancy.

## How do I enroll?

Contact a customer representative at 948-6079 on Oahu or 1 (800) 776-4672 toll-free on Neighbor Islands to ask for an enrollment form.

Take advantage of this program at no cost to you. We'll do all we can to ensure that your pregnancy is healthy and happy.



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