



# Give your baby a healthy start

Sometimes you need a little extra support when you're expecting. Achieve Better Health provides an added level of support and services to help you navigate your pregnancy journey.

## Enroll in the Baby BluePrints® Maternity Program for free

Take steps to ensure the healthiest pregnancy and delivery possible and enroll for free in the Baby BluePrints Maternity Program for access to:

- Information that guides you through each stage of your pregnancy
- Individualized support throughout your pregnancy and after giving birth.
- Specialized obstetrical nurses to assist you should you experience complications during pregnancy.
- Monthly email or text messages for eligible participants that provide information and tips on pregnancy and preparing for your delivery

## Get valuable coupons, recipes, and informative health articles about pregnancy.

Visit [getgoodliving.com/baby](http://getgoodliving.com/baby)

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.



**Call toll-free to enroll today**

**1-800-598-BABY  
(1-800-598-2229) TTY/TDD: 711\***

**Stay on top of personal health information, screening reminders, health tips, and more!\*\***

Text **IBX** to **73529** or visit [ibx.com/getconnected](http://ibx.com/getconnected) to sign up for text alerts today.

\*This is a free and confidential service.

\*\* Standard message and data rates may apply. Text STOP to stop and HELP for help. Terms and Conditions available at [myhelpsite.net/ibx](http://myhelpsite.net/ibx). Notification messages within IBX Wire™ are sent via automated SMS. Enrollment in IBX Wire™ is not a requirement to purchase goods and services from IBX.

This plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Spanish: ATENCIÓN: Si habla español, cuenta con servicios de asistencia en idiomas disponibles de forma gratuita para usted. Llame al 1-800-275-2583 (TTY: 711). Chinese: 注意: 如果您讲中文, 您可以得到免费的语言协助服务。致电1-800-275-2583。