

UnitedHealthcare Healthy First Steps® is here for you.



We want you to have a healthy pregnancy and a healthy baby. That's why we have a special program for you and your baby. It's called Healthy First Steps®.

- **Have questions about your pregnancy?**
We've got answers.
- **Looking for a doctor or nurse midwife?**
We can help find one close to you.
- **Need rides to and from your prenatal checkups?**
We can arrange them.
- **Need help before, during and after your pregnancy?**
Our program covers prenatal, delivery and postpartum care and healthy tips for both you and your baby.
- **Want to earn great rewards?**
Sign up for our maternity rewards program.
UHCHealthyFirstSteps.com

Sign up for Healthy First Steps today.

To sign up, visit **UHCHealthyFirstSteps.com** or call **1-800-599-5985**. We're available Monday – Friday, 8 a.m. – 5 p.m.



Earn great rewards.

- Healthy First Steps rewards you for seeing your pregnancy care provider to get postpartum and pediatrician care for you and your baby.
- Earn up to 8 rewards in all.
- Get a \$20 gift card just for signing up.

We're here to answer your questions and help you get the care you need.



UnitedHealthcare works with the state of Maryland to help families and adults with limited incomes get health insurance. We offer health coverage to beneficiaries of Maryland's HealthChoice program. The HealthChoice program is a program of the Maryland Department of Health. Health plan coverage provided by UnitedHealthcare of the Mid-Atlantic, Inc.



Healthy First Steps

1-800-599-5985

UHCHealthyFirstSteps.com

UnitedHealthcare Healthy First Steps® está aquí para usted.



Queremos que tenga un embarazo saludable y un bebé saludable. Por ese motivo, contamos con un programa especial para usted y su bebé. Se llama Healthy First Steps®.

- **¿Tiene preguntas sobre su embarazo?**
Tenemos respuestas.
- **¿Busca un médico o una enfermera partera?**
Podemos ayudarla a encontrar a profesionales cerca de usted.
- **¿Necesita traslados hacia y desde sus chequeos prenatales?**
Podemos organizar los traslados.
- **¿Necesita ayuda antes, durante y después del embarazo?**
Nuestro programa cubre la atención prenatal, parto y posparto, y brinda consejos saludables para usted y su bebé.
- **¿Quiere obtener magníficas recompensas?**
Inscríbase en nuestro programa de recompensas de maternidad.
UHCHealthyFirstSteps.com

Inscríbase hoy mismo en Healthy First Steps.

Para inscribirse, visite **UHCHealthyFirstSteps.com** o llame al **1-800-599-5985**. Estamos disponibles de lunes a viernes, de 8 a. m. a 5 p. m.



Gane excelentes recompensas.

- Healthy First Steps la recompensa por visitar a su proveedor de atención durante el embarazo para obtener atención posparto y de pediatría para usted y su bebé.
- Gane hasta 8 recompensas en total.
- Obtenga una tarjeta de regalo de \$20 solo por inscribirse.

Estamos a su disposición para responder sus preguntas y ayudarla a obtener la atención que necesita.



UnitedHealthcare trabaja con el estado de Maryland para ayudar a que familias y adultos con ingresos limitados obtengan un seguro de salud. Ofrecemos cobertura de salud a los beneficiarios del programa HealthChoice de Maryland. El programa HealthChoice es un programa del Departamento de Salud de Maryland (Maryland Department of Health). Cobertura del plan de salud provisto por UnitedHealthcare of the Mid-Atlantic, Inc.



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[UHCHealthyFirstSteps.com](https://www.UHCHealthyFirstSteps.com)