



Baby experts are waiting for your call

Expecting a new little one sometime soon? Congratulations! Pregnancy is a happy and exciting time, but it's easy to be overwhelmed by all of the things you need to know and do before – and after – your baby is born.

It's true that there is a lot to learn during your pregnancy, but the good news is if you are enrolled in a Ben E. Keith medical plan, you and your spouse can get help every step of the way. Participation is free to all enrolled employees and their spouses, and you can utilize some or all of these great benefits:

- Registered nurses with experience in prenatal care, labor and delivery and newborn care
- Coordinated care with your obstetrician if you experience a high-risk pregnancy
- At-home treatments and care
- Customizable mobile tools to track milestones, set reminders, get daily tips and find local resources
- Useful gifts for your growing family

Complete either
maternity program
and you'll receive
\$500!

Three ways to enroll in a BEK maternity program

Available to employees enrolled in a BEK medical plan

		Healthy Pregnancy SM from UnitedHealthcare	Baby Yourself [®] from BlueCross BlueShield of Alabama
1	Call	1-844-669-0741 Monday – Thursday 8 am to 8 pm CT and Friday, 8 am to 5 pm CT	1-800-222-4379
2	Enroll	myuhc.phs.com/maternitysupport	alabamablue.com/babyyourself
3	Download	 Healthy Pregnancy SM app on the App Store or on Google Play	 Baby Yourself [®] app on the App Store or on Google Play

Medical ID cards – available any time

Lost or can't find your ID card? No problem. Whenever you need your medical insurance information, go online or use the free app from our medical plan providers to access your account information. That way, you can always get the care (and information) you need when you need it. Here's how:

If enrolled in the UnitedHealthcare medical plan	If enrolled in the BlueCross BlueShield of Alabama plan
Sign in or register on myuhc.com then select Member ID card.	Sign in or register at alabamablue.com then select ID cards.
 Download the free app on the App Store or Google Play	 Download the free app on the App Store or Google Play

Healthy Living