



Baby love

Aetna Maternity Program

A special focus on baby and you

Growing healthy together

You deserve plenty of support during this time. And you've got it — with a program to support you during and after your pregnancy.

How it works

This program comes with your Aetna Student HealthSM plan. All you have to do is sign up and complete a short survey about yourself. Then, you can take full advantage of the program's features.

To take the survey, just log in to your member website at aetnastudenthealth.com.

Information for a healthier pregnancy

You likely have lots of questions:

"Can I get vaccinations when I'm pregnant?"

"What if my prenatal vitamins make me sick?"

We'll share information, in English and Spanish, to help you figure it all out — and prepare. You'll learn about early labor symptoms and newborn care.



Nurse support for pregnancy risks

Some women have health conditions or risk factors that could affect their pregnancies. If you do, you can work with a nurse to help you lower those risks.

If you're eligible, you'll also get:

- Two follow-up calls after your delivery
- A screening for depression
- Extra support, if needed

And don't worry if English isn't the language you speak at home. We have a translation service. So we can offer help in over 170 languages.

Support to quit smoking

If you smoke, here are some great reasons to quit. You'll lower your baby's risk for early delivery, low birth weight and sudden infant death syndrome (SIDS).

And you're not in it alone. With the Smoke-Free Moms-to-Be® program, you get one-on-one nurse support to help you quit smoking for good.

Helping you avoid early labor

Full-term babies have fewer health problems. So if you're at risk for early labor, we'll brief you on the signs and symptoms. You'll also learn about new treatment options.

Your online source for women's health

The more you know, the healthier you both can be.

Just visit aetnastudenthealth.com to learn about:

- Reproductive health
- Breast and heart health
- Emotional health, and more

Two easy ways to sign up for the program

- Call us toll-free at **1-800-272-3531 (TTY: 711)**, weekdays from 8 a.m. to 7 p.m. ET.
- Or log in to your member website and visit the "Stay Healthy" section.

Free text messages to keep you and your baby healthy

Text4baby is a free service that sends you three text messages a week. You will receive the text messages throughout your pregnancy and your baby's first year. The messages include health and safety tips on prenatal care, nutrition, safe infant sleep and more. You can cancel the service whenever you wish. Aetna has been an outreach partner of Text4baby since 2010. Hundreds of thousands of moms and moms-to-be have used Text4baby.

To get started, text **BABY** (or **BEBE** for Spanish messages) to **511411**.

Student health insurance plans are underwritten by Aetna Life Insurance Company (Aetna). In MD and NJ, student medical insurance is underwritten by Aetna Health and Life Insurance Company (AHLIC). Self-insured plans are funded by the applicable school, with claims administration services provided by Aetna Life Insurance Company. Aetna Student HealthSM is the brand name for products and services provided by Aetna Life Insurance Company, Aetna Health and Life Insurance Company and their affiliates.

This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Rates and benefits vary by location. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna Student Health plans, refer to aetnastudenthealth.com.

