



Your health. Your partner.SM

A Call to Change ... Healthy Choices, Healthy BabySM

Do you want to discover the keys to a healthy pregnancy? If so, give us a call! For you and for the health of your baby, we recommend healthful eating, stress management, physical activity and planning ahead for your new arrival. If you have questions about making healthy lifestyle choices in these areas and how they affect your pregnancy, we can help.

This course is designed to help you make lifestyle choices for a healthy pregnancy. Working one-to-one — at your own pace — you will learn about:

- ✓ Tips to help common discomforts during various stages of pregnancy
- ✓ How to eat well during pregnancy
- ✓ Ideas on how to stay active during pregnancy and what activities are recommended during this time
- ✓ Stress management tips and techniques
- ✓ How to plan for your child's feeding and safety following birth and beyond

Here's how it works

- ◆ You'll talk one-to-one with two counselors — a registered dietitian and a health educator — during 20-minute phone calls.
- ◆ You may schedule your phone sessions between 7 a.m. and 10 p.m., CT, Monday through Thursday and between 7 a.m. and 6 p.m., CT, Friday — at home, work or anyplace that's convenient for you.
- ◆ You'll complete workbook activities on your own time that will give you the tools and personal guidance you need to discover the keys to a healthy pregnancy and plan ahead for the arrival of your new baby.

All phone courses require an enrollment fee — HealthPartners members receive a discount. For more information or to register, please call 952-883-7800, 1-800-311-1052 (outside the Twin Cities metro area) or our TTY line at 952-883-7498.