

ODS MATERNITY CARE PROGRAM

Stay healthy and informed during your pregnancy with one-on-one coaching

As a participant in our Maternity Care Program you will:

- › Work one-on-one with a trained coach over the phone or via e-mail
- › Get support and advice throughout your pregnancy
- › Receive a free gift

MEET KAREN*, A 30-YEAR-OLD FIRST-TIME MOM

When Karen learned she was pregnant, she called Carol, her ODS health coach.

During their monthly coaching calls, Karen learned about the stages of pregnancy and got tips on nutrition and physical activity to keep her healthy during her pregnancy. "I felt secure knowing that I had a nurse to answer questions and provide support to my new family," says Karen, who was able to call when she needed answers throughout the exciting and sometimes anxious months of pregnancy.

Carol helped Karen understand what to expect during the upcoming delivery, as well as health changes that Karen was facing with her pregnancy. And after Karen's baby was born, Carol called to congratulate Karen and answer any questions that Karen had about newborn care, breastfeeding and parenting. "I love what I do," says Carol. "It's so rewarding to help support our members through the joys and challenges of pregnancy."

*Name has been changed.

COACHING IS EASY

Phone **503-948-5548**

Toll-free **877-277-7281**

E-mail **maternity@odscompanies.com**

The ODS Maternity Care Program offers you a chance to receive the support and information you need during your pregnancy.

Get
Support.

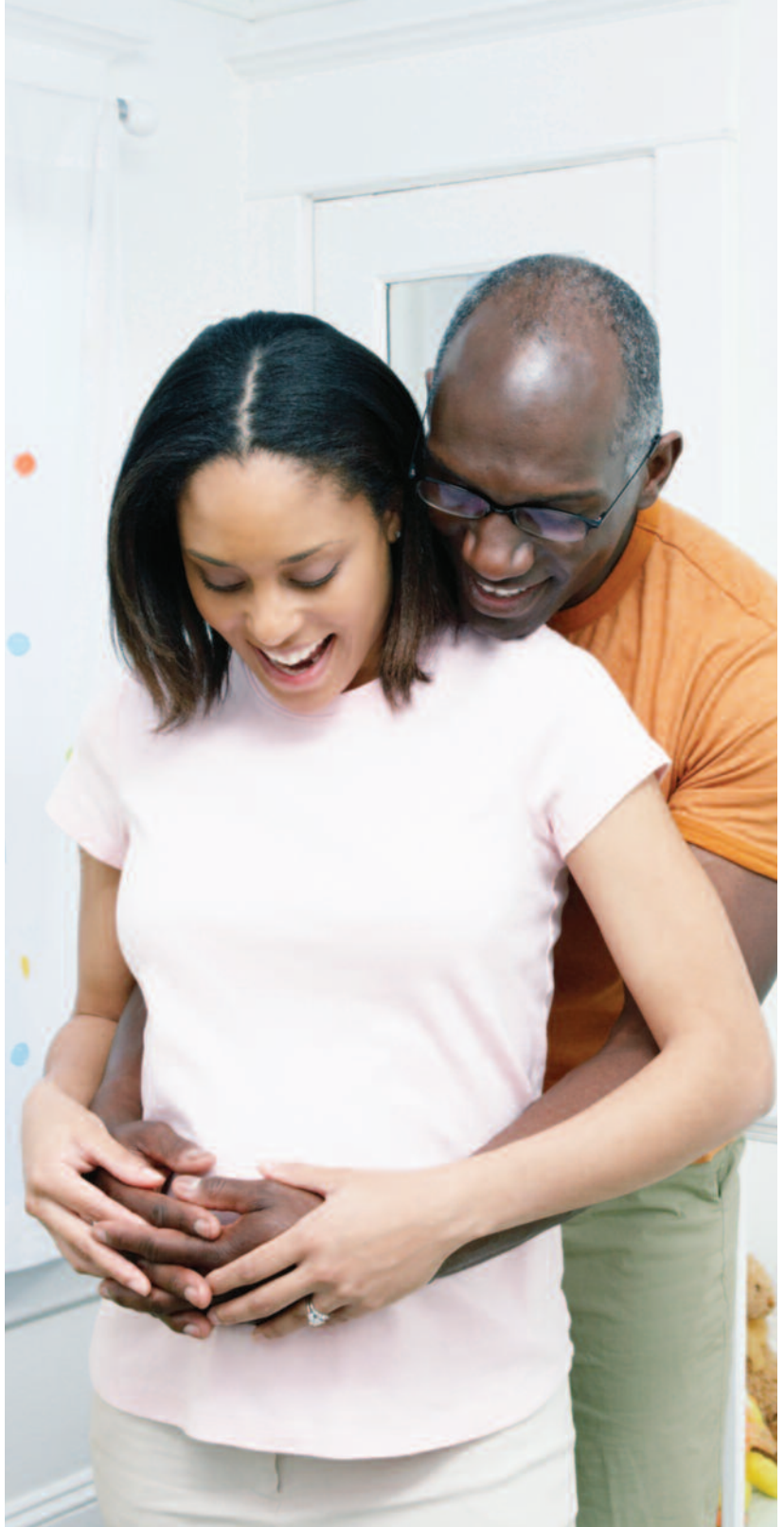
ODS



Text4baby supports healthy moms and babies

Want an easy way to give your baby the best possible start in life? Sign up for text4baby, a free text messaging service that sends you tips on keeping yourself and your baby healthy. To receive messages each week, timed to your baby's due date or date of birth, text BABY (or BEBE for Spanish) to **511411**.

Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition. For more information, visit www.text4baby.org.



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