

YOUR PLAN'S PRENATAL RESOURCES



Throughout your pregnancy and beyond, your health plan is here to support you, whether you have coverage through Regence (Trust Plan), Providence or Kaiser Permanente. Our providers help you work toward a healthy you and a healthy baby, every step of the way.

Trust Plan Regence BabyWise

Program includes:

- 24/7 nurse line support
- Due Date Plus App – tracks milestones, health issues, and more
- Regular contact with assigned nurse, personalized guidance through system
- Postpartum support

**Call 1-888-JOY-BABY or
1-888-569-2229**

Visit www.regence.com

Providence Care Management Program

Program includes:

- Health coaching
- Nurse advice line
- Discounted childbirth and parenting classes
- Registered nurse support during pregnancy and postpartum time

Call 1-800-662-1121

**Visit
healthplans.providence.org**

Kaiser Permanente Thriving Families

Program includes:

- Health coaching
- 24/7 advice line
- Integrated care from preconception to postpartum
- My Pregnancy Comcast App
- Free or discounted childbirth and parenting classes

Call 1-800-813-2000

Visit www.kp.org