

# Bright Beginnings Prenatal Program

Family planning means big changes.  
When you're ready, we're here to help.





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PO Box 7408 | Boise, ID 83707 | bcidaho.com

## Every baby deserves a bright beginning.

Are you planning to add to your family soon? Sign up and see your prenatal care provider to earn a \$100 gift card when you complete the program.

**Bright Beginnings** is a free program for moms-to-be<sup>1</sup> that helps their babies have the healthiest start possible. The program provides resources like the classic book, "Mayo Clinic: Guide to a Healthy Pregnancy," information on your pregnancy-related benefits and access to professionally trained clinical staff who can help you understand your pregnancy, as well as help you with any challenges you may face. If your pregnancy is considered high risk, we can provide support to help you understand what this means and what you can do to ensure the best outcome for you and your baby.

### To learn more or to sign up:

During your pregnancy, call 208-387-6999, or toll-free at 800-741-1871. Leave your name, address, phone number, member ID and your current week of pregnancy and we will send you more information about this program.

<sup>1</sup>Bright Beginnings is open to employees and their covered dependents.

Llame al número que figura más arriba para solicitar los materiales del programa en español.

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