Healthy, informed moms make for healthy babies.

Each pregnancy is different and mothers-to-be who are well-informed can make decisions that may result in healthier pregnancies.

Our maternity nurse coaches with expertise in pregnancy have successfully supported more than 175,000 mother and mothers-to-be with prenatal health concerns since the program began in 1989.

We assist expectant mothers through:

- An assigned prenatal/postnatal nurse coach who is supported by an on-site team of clinical specialists.
- A care management system that assesses risks to help ensure consistent, individualized education and support.
- Prenatal interventions based on the expectant mother’s pregnancy status, complications, medical history and physician’s plan of care.
- 24-hour, toll-free nurse access line that assists the mother in making informed health care decisions. Bilingual registered nurses and services for the hearing-impaired are available.
- Targeted support for smoking cessation.
- Depression screening throughout pregnancy and postpartum.

The following supplemental components are also offered to help enhance the effectiveness of our Future Moms program:

- Preconception Education
- Parenting Programs

Future Moms members incur fewer NICU costs than non-members; NICU admits per 1,000 were 50-60% lower for members than for non-members.¹

93% of Future Moms members rate the program as excellent or very good.²

99% of Future Moms members say they’d recommend the program to others.²

¹ Source: 2006-2007 data for large national client with 130,000 members
² Source: 2008 member satisfaction study
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