



Your pregnancy journey, made ***better together***

Make every moment count with
expert support at your side

As a Moda Health member, you have access to our comprehensive maternity support program, Growing Together, designed just for you. At no additional cost, you'll receive personalized guidance and resources to help you navigate pregnancy and early parenthood with confidence.

Your personal pregnancy support team

- A dedicated health coach who understands your unique needs
- Expert guidance for every step of your journey
- Reliable answers when questions arise
- Support that continues after your little one arrives



We're here for you with:

- ✓ One-on-one coaching sessions at times that work for you
- ✓ Customized resources based on your pregnancy stage
- ✓ Nutrition guidance and healthy recipes
- ✓ Help creating your birth plan
- ✓ Breastfeeding and postpartum support
- ✓ Connections to local pregnancy and parenting resources

Plus, you'll receive:

- A welcome kit filled with pregnancy resources
- Emails each trimester with timely tips and information
- A special gift!

The support you need, when you need it

Whether it's your first pregnancy or your third, our experienced team is here to support you. From answering common (and not-so-common) questions to helping you prepare for delivery; we're committed to making your journey to parenthood smoother and more confident.



Ready to get started?

It's easy to enroll! **Scan this QR code** to check your eligibility and enroll today or visit modahealth.com/maternity

Questions? **We're here to help.**

Call **503-402-5861** or email
maternitycare@modahealth.com

Available to Moda Health members throughout pregnancy and up to six months postpartum.

