



Healthy Moms.  
Healthy Babies.

The Precious Baby Prints® program is designed to support you and your baby, every step of the way.

**Receive up-to-date information about:**

- Prenatal care
- Nutrition and weight gain
- How to care for your newborn
- Breast feeding and baby's development
- Postpartum care and what to expect during baby's first month

**All moms are special, but you may have special needs**

If your pregnancy requires special needs, a Maternity Case Manager can contact you to review your health history. All information you provide is strictly confidential. Your Maternity Case Manager will stay in touch with you by telephone throughout your pregnancy.

**Resources for Healthy Living**

In addition to the Precious Baby Prints program, you have access to many tools to assist you in managing your health. Visit [capbluecross.com](http://capbluecross.com) to get started.



For more information, call  
**888-545-4512 (TTY: 711)**

# Tools to Help You Manage Your Health

Register at [capbluecross.com](https://www.capbluecross.com) to access these valuable resources.



## Find a Doctor

Find in-network doctors, hospitals, pharmacies, and labs. Plus, compare treatment costs to help you save money on your healthcare.



## Live Healthy

Online tools and wellness programs designed to help you live healthy



## Blue365® Discounts

Discounts to popular gyms, retailers, and services



## Virtual Care\*

Welcome to a whole new way to see a doctor by live video using a smartphone, tablet, or computer. Get treatment for common conditions, such as sinus infections, flu, and pink eye. You can also make appointments with behavioral health professionals, and registered dietitians or nutritionists for nutrition counseling

# Capital BLUE

\* If offered through your plan.

Precious Baby Prints is not intended to be a substitute for services or advice received from your healthcare Providers who are the only ones that can diagnose or treat your individual medical conditions. Capital BlueCross and its affiliated companies believe this service to be useful for general information or support but do not assume any liability associated with its use.

The Blue365® program is brought to you by the BlueCross BlueShield Association. The BlueCross BlueShield Association is an association of independent, locally operated BlueCross and/or BlueShield Companies. Blue365 offers access to savings on health and wellness products and services and other interesting items that members may purchase from independent vendors, which are different from covered benefits under your policies with Capital BlueCross and its family of companies, its contracts with Medicare, or any other applicable federal healthcare program.

Healthcare benefit programs issued or administered by Capital BlueCross and/or its subsidiaries, Capital Advantage Insurance Company®, Capital Advantage Assurance Company®, and Keystone Health Plan® Central. Independent licensees of the BlueCross BlueShield Association. Communications issued by Capital BlueCross in its capacity as administrator of programs and provider relations for all companies.