



Staying Healthy During Pregnancy

CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. (CareFirst) want to help you maintain the best possible health throughout your pregnancy. There are many programs and tools available to help you prepare for the healthiest arrival.

Healthy Pregnancy Services	Contact
Online pregnancy center —Access interactive tools and a wealth of information about pregnancy, labor and delivery and newborn care.	carefirst.com/pregnancy
24-hour healthcare advice line —Unable to reach your doctor? Call the Nurse Advice Line and speak to a registered nurse who can help answer your clinical questions or guide you to the most appropriate care.	800-535-9700
Text4baby messages —Receive health tips and information throughout your pregnancy and your baby's first year through text messages.	text4baby.org
High-risk pregnancy support —If your provider determines you might be at risk for premature delivery or medical complications, a CareFirst nurse care coordinator, specialized in obstetrics, will work with you and your doctor to help you have the healthiest delivery possible.	888-264-8648, option 2
Behavioral health support —For parents who may experience loss, depression, anxiety, or addiction, there are resources available to support you.	Call our support team at 800-245-7013, M-F, 8 a.m. to 6 p.m. You can also connect with a therapist or psychiatrist from home by visiting carefirstvideovisit.com .
Lactation consultation —Receive comprehensive breastfeeding education, support, counseling and more.	Connect with a lactation consultant online at carefirstvideovisit.com or log into My Account and use the <i>Find a Doctor</i> tool to search for one in your area.

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