Birth defects, premature birth and perinatal complications are the leading cause of infant mortality in the United States. But complications and birth defects can be reduced or minimized by these and other actions …

• Pre-pregnancy checkup with your health care provider
• Healthy diet, weight and prenatal vitamins
• Stopping alcohol, tobacco or drug use
• Staying current on vaccinations
• Maintaining early and regular prenatal care

We’re here to help
UMR’s Maternity CARE is available to you as part of your benefit plan, at no additional cost to you. If you enroll in the program you’ll be contacted by a CARE nurse, who will help you determine if you have any health risks and provide you with educational materials and support based on your needs.

Healthy pregnancy, healthy baby! Maternity CARE can give you a great start on motherhood.