

Pre-Pregnancy Coaching

A great start to motherhood

It's a fact...healthy women are more likely to have healthy babies. That's why it's important to provide support to women before they become pregnant. Adverse outcomes like birth defects, premature babies and perinatal complications are the leading cause of infant mortality in the United States. Did you know approximately 120,000 babies (1 in 33) are born with birth defects each year?



Support is available

UMR's pre-pregnancy coaching program helps women learn about risks and take action to prevent serious and costly medical complications before they become pregnant. Women with pre-existing health conditions, such as diabetes and high blood pressure, not only face risks to their babies, but also to themselves while they're pregnant.

Complications and birth defects can be reduced or minimized by the following:

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

How it works

Members self-enroll in the pre-pregnancy coaching program by calling our toll-free number. They are then contacted by a nurse case manager who has extensive clinical background in obstetrics/gynecology. The nurse completes a pre-pregnancy assessment to determine risk level, if any, and provides them with education and materials based on their needs. The nurse also helps members understand their plan's benefit information.

Healthy pregnancy, healthy baby

UMR's pre-pregnancy coaching can give your members a great start to motherhood. Our goal is to minimize preterm deliveries, birth defects and expensive hospitalizations. Healthier pregnancies mean healthier babies and, in turn, reduced medical costs for both the member and employer.

**To learn more about
our pre-pregnancy
coaching program,
please contact your
UMR representative.**



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