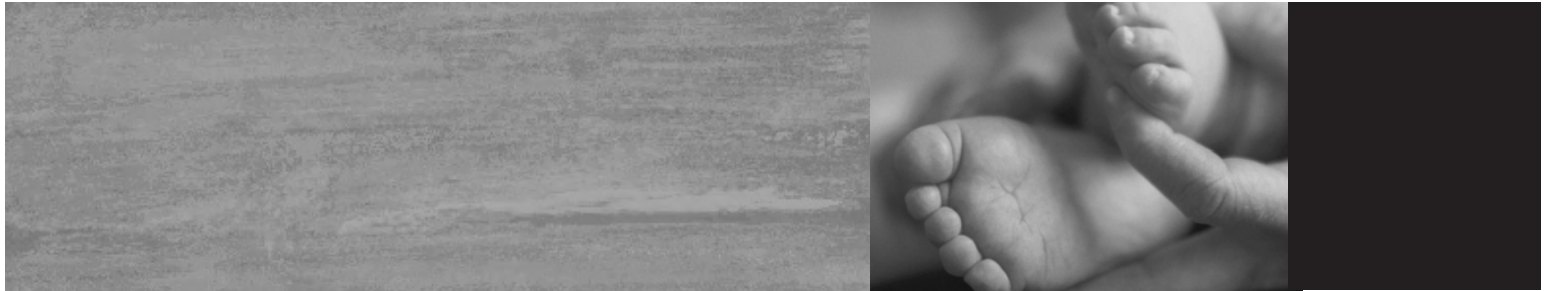


# Prenatal Care Program



**P**regnancy can be a very exciting and anxious time for expectant parents. Is it a boy or girl? Whose eyes and personality will the baby have? Will it be a star athlete or concert pianist? And most important – will the baby be healthy?

By combining regular prenatal care with a healthy lifestyle, expectant parents can give their babies the best advantage possible – good health. That’s why we offer the Prenatal Care Program from Principal Life Insurance Company. This voluntary program is available at no charge to expectant women eligible for medical coverage benefits.

## **PERSONAL ATTENTION**

When mothers-to-be enroll in the Prenatal Care Program, they increase their chances of having healthy babies. Specially trained obstetrical nurses help identify any pregnancy-related risks and guide parents in the right direction for early intervention. All information is handled in a confidential manner.

Mothers-to-be receive dedicated, personal attention in areas such as:

**High-risk factors** – Our nurses work with the expectant mother to identify any high-risk factors. If a nurse determines the pregnancy is high-risk, he or she works with the doctor to develop a treatment plan (e.g., a special diet or

monitoring program). If problems do develop, the prenatal care staff collaborates with the mother-to-be and her treatment team to help promote a healthy delivery.

**Education** – Once they enroll in the program, expectant parents will receive the book, “What to Expect When You’re Expecting.” The book provides a monthly breakdown of what happens to the expectant mother and her baby during pregnancy. It also provides valuable prenatal care information, such as:

- Pregnancy hazards
- Choosing a doctor
- Weight gain

- Eating for two
- Exercise during pregnancy
- Warning signs of premature labor
- Physical changes during pregnancy (e.g., morning sickness, backaches, leg cramps, swelling)

**ENROLLING IN THE PRENATAL CARE PROGRAM**

To enroll in the Prenatal Care Program from Principal Life, call: 1-800-248-5447, Monday through Friday, 8 a.m. to 5 p.m. (Central Time).

We encourage expectant mothers to call within the first 16 weeks of pregnancy.