

Maternity Program

Plan more. Worry less.

The RGA Maternity Program provides you with resources and support for a healthy pregnancy and a healthy baby.



One-on-one coaching from an experienced maternity nurse is just a phone call or click away. Register today with MommyTrax.com* to:

- Answer any questions you may have between doctor's visits.
- Help you cope with common pregnancy symptoms such as morning sickness.
- Identify possible pregnancy complications or signs of pre-term labor.
- Help you maintain optimal health during your pregnancy, especially with regards to stress management, nutrition, and physical activity.
- Support you after your baby is born with concerns you may have about infant feeding, postpartum depression, or transitioning back to work.

Enroll today and receive...

Prenatal vitamins and a copy of the book *Pregnancy, Childbirth and the Newborn*. Participants also receive a \$50 Amazon gift card upon program completion.



This program is completely confidential and free as part of your health plan. Visit mommytrax.com or call **1-888-747-2829** to enroll in the RGA Maternity Program.

* mommytrax.com is provided by RGA through our partners at Reliant Behavioral Health and HMC Healthworks.