

# 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 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 book on managing pregnancy, childbirth and your newborn. Participants also receive a \$50 Amazon gift card upon program completion.



**This program is completely confidential and is included as part of your health plan.**

Visit [mommytrax.com](https://mommytrax.com) to enroll in the RGA Maternity Program.

Visit [accessrga.com](https://accessrga.com) and select Washington to log in to your RGA account

MommyTrax is a separate company that provides maternity program services for RGA members.

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