

Healthy Mom and Baby Program

Gravie and PreferredOne have partnered to bring you the Healthy Mom and Baby Program — an optional maternity management program for expectant parents. At no additional cost, the program gives members access to support and helpful information to promote a healthy pregnancy.



How it works

Step 1

PreferredOne initiates contact with most expectant parents by phone or letter, inviting them to enroll. You can also enroll online or by calling 800.940.5049, entering 1, then extension 3456.

Step 2

Connect with your nurse for answers to questions and ongoing support throughout your pregnancy.

What's included

- Ongoing support throughout the pregnancy and postpartum via phone, email, and mail
- Free pregnancy resources to help guide you through your pregnancy before and after the baby comes.
- Access to choosingwisely.org, an initiative of the ABIM Foundation that seeks to advance a national dialogue on avoiding unnecessary medical tests, treatments, and procedures
- Access to Healthwise Online Medical Library at preferredone.com

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