

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.

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](https://www.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](https://www.preferredone.com)



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.

