

# Blueprint for Health

## Healthy Steps Begin Before Birth with Healthy Addition



### Things you can do to have a healthy baby:

- 1 Keep all OB appointments
- 2 Drink 8-10 glasses of water a day
- 3 If you smoke, quit!  
Do not risk your baby's health
- 4 If you drink alcohol, quit!  
Do not risk your baby's health
- 5 Call us to learn the signs and symptoms of preterm labor



**BlueCross BlueShield  
of Florida**

An Independent Licensee of the  
Blue Cross and Blue Shield Association

### Program for Expecting Parents

Every expectant mother wants the best for her baby. Blue Cross and Blue Shield of Florida has found some great ways to help you give your baby the best health care available, even before he or she is born. Our Blueprint for Health® Healthy Addition® program works with you and your health care provider to help you have a healthy pregnancy.

### Free for Moms-To-Be

The Healthy Addition program and its staff are dedicated to the good health of all mothers and their babies. As a member of Healthy Addition, you will receive the following to encourage good health practices during pregnancy:

- Pregnancy risk screening and monitoring
- Education on healthy lifestyle and dietary habits
- Prenatal information
- Emotional support and answers to questions and concerns
- Reinforcement of provider's plan of care

### Contact us today to find out more.



**visit**

[www.bcbsfl.com](http://www.bcbsfl.com)



**call**

1-800-955-7635 then Option 6  
Monday-Friday 8:00 a.m. - 5:30 p.m. EST



**e-mail**

[healthyaddition@bcbsfl.com](mailto:healthyaddition@bcbsfl.com)

### HOW CAN BLUE HELP YOU?

[www.bcbsfl.com](http://www.bcbsfl.com)

Access to this program is determined by the health plan selected. Please remember that all decisions that require or pertain to independent professional medical or clinical judgment or training, or the need for medical services, are solely your responsibility and that of your treating Physician and/or health care Providers. You and your Physicians are responsible for deciding what medical care should be rendered or received, and when that care should be provided.