



Healthy Blue Beginnings

Support for you and your healthy pregnancy

Do you have a high-risk pregnancy?

If so, Blue Cross and Blue Shield of Louisiana (Louisiana Blue) is here for you and your little bundle of joy.

With our maternity support program, **Healthy Blue Beginnings**, our nurses will provide you with information and support throughout your pregnancy, to help keep you and your baby healthy. Best of all, it's available at no extra cost to you.

Do you want to know if you might be at risk for complications during your pregnancy?

Our nurses can help moms-to-be identify early warning signs of potential problems and special challenges. You might be at risk if you have had a premature baby before, or if you have diabetes or high blood pressure. Talk to your doctor about whether you could be at risk.

How does Healthy Blue Beginnings work?

If Louisiana Blue identifies from your claims or referral from your doctor that you may have a high-risk pregnancy, we will contact you to ask a few simple screening questions and give you the option to speak with a nurse. Or, you can call Louisiana Blue and ask to speak with a nurse.



Louisiana Blue nurses with Healthy Blue Beginnings offer:

- Confidential support
- Resources specific to your needs, like educational information or referral to a dietitian or social health coach



Our nurses are here to help. A nurse will call you soon. Or you can reach us by:

- Calling 1-800-317-2299
- Press 1 to speak with a Healthy Blue Beginnings nurse