

Healthy Babies



Are you thinking about having a baby, or are you in your first trimester of pregnancy? If so, you need Babies & You!* This March of Dimes program is offered to all School Board employees at no cost, **plus you will receive \$100 after the birth of your baby!** Babies & You is a nine-hour educational program designed to promote healthy pregnancy and prevent birth defects. This comprehensive program requires attendance of three classes which teach the following lessons:

- ♥Preparing for pregnancy
- ♥Genetics: A family affair
- ♥Effects of drugs, alcohol & tobacco
- ♥Prenatal care
- ♥Exercise during pregnancy

- ♥Stress & pregnancy
- ♥Eating for two
- ♥Complications during pregnancy
- ♥Pregnancy after 35
- ♥Your newborn baby

Sept 6, 13, & 20 2011
Jan 24, 31 & Feb 7, 2012
Mark Wilcox Center
4:30-7:30 pm

Nov 1, 8, & 15 2011
April 3, 8, & 17 2012
Jim Miles Center
4:30-7:30 pm

**Get up to \$200 and
FREE Prenatal
Vitamins**
*...for your special
delivery*

Babies & You*, Healthy Addition® and free prenatal vitamins are offered at no cost to expectant (or soon-to-be expectant) that are Polk County School Board employees covered under the Blue Cross/Blue Shield health insurance plan. A \$100 co-pay reimbursement is given after delivery to those completing the requirements for each program (a maximum of \$200 for completing both programs). Free prenatal vitamins require a prescription from your physician.

*To be eligible for reimbursement: *Babies & You* classes must be completed prior to first trimester of pregnancy. For Healthy Addition, one must be 21 weeks gestation or less at the time of registration.

To register for Babies and You classes visit
www.surveymonkey.com/s/babiesandyou
Call 648-3057 for any questions

A Picture of Health

Have you recently learned that you are pregnant?

If so, **Healthy Addition®** is for you!

Call now, register today, and quickly realize the rewards.



Healthy Addition® is a comprehensive and confidential program for expectant mothers which provides valuable maternity benefits including:

- Pregnancy risk screening & monitoring
- Education on healthy lifestyle & dietary habits
- Toll-free prenatal nurse line
- Emotional support & answers to questions & concerns

Healthy Addition® is designed to provide valuable guidance and expert advice on conditions such as nausea, gestational diabetes, multiple births, and preterm deliveries. Healthy Addition® improves the chances of delivering a healthy, full-term baby.

Babies & You, **Healthy Addition®**, and free prenatal vitamins are offered at no cost to expectant (or soon-to-be expectant) Polk County School Board employees covered under the Blue Cross/Blue Shield health insurance plan. A \$100 participation incentive is given after delivery to those completing the requirements for each program (a maximum of \$200 for fully completing both programs). Free prenatal vitamins require a prescription from your physician.

Enroll today!

Healthy Addition®

(800) 955-7635 (Option 6)

or email

healthyaddition@bcbsfl.com

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