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11/15



Little FootprintsSM

PRENATAL EDUCATION GUIDE

A prenatal education program
for qualified MVP members

Mothers-to-Be can do a lot to make sure they have a healthy pregnancy and a healthy baby. MVP wants to help make sure the new **LITTLE FOOTPRINTS** in your home are happy, healthy ones!

If you qualify for the **LITTLE FOOTPRINTS** program, you will:

- receive educational material in the mail for pregnancy and infant care
- receive monthly phone calls from a **LITTLE FOOTPRINTS** nurse to discuss healthy pregnancy habits
- receive education and support to help you have a healthy baby

Our Breastfeeding Support Program is offered through our trusted partner, Corporate Lactation Services. For more information, visit

www.mvphealthcare.com. Under the *Members* tab, select *Live Healthy*, then *Population Health Management Programs*, and finally *Case Management*.



Call us at **1-866-942-7966**

to learn more about the

LITTLE FOOTPRINTS program.

If you are pregnant, remember to keep all appointments with your doctor, eat healthy foods, and get regular exercise and plenty of rest.

Make sure you have a healthy baby, don't drink alcohol, and don't take drugs or smoke. Always talk to your doctor first before taking any medications.

