

WILL **YOU** BE RATTLED?

PAQ INC'S **BABY CONNECT** PROGRAM

CONGRATULATIONS! YOU'RE PREGNANT!

Every pregnancy is unique. The Baby Connect program, provided by Marquee Health, offers friendly and professional support from a graduate-level Health Educator at no cost to you! Your coach will provide you with individual support, education and information designed to help guide you through a successful pregnancy.

WHAT WILL I LEARN THROUGH **BABY CONNECT**?

The Baby Connect program is designed to help you navigate the overwhelming. Support may be provided in the following areas:

- Finding the Right Health Care Provider for You
- Understanding Pre-Natal Screening & Testing
- Prenatal Nutrient Guidelines
- Exercise and Pregnancy Overview
- Preparing for Childbirth
- Post-partum Care for Mom
- Benefits of Breastfeeding
- Your Newborn Owner's Manual – The First Weeks
- Post-partum Exercise and Losing the Baby Weight

PROGRAM REQUIREMENTS

We want you to find value from this program. We encourage at least one interaction with a health coach every two weeks, and require it to earn the incentives. This interaction can be telephonic or via email and the method will be determined by the coach and the participant. Participants will also be asked about their routine visits with their physician.

BABY CONNECT

A COMPREHENSIVE AND NURTURING APPROACH TO PRENATAL CARE

ENROLL TODAY: 1-800-882-2109 OR COACHING@MYMARQUEEHEALTH.COM

ENROLLMENT

Contact Marquee Health at **1-800-882-2109** or **coaching@marqueehealth.com**.

ELIGIBILITY

All employees and spouses are eligible for the Baby Connect program.

INCENTIVE ELIGIBILITY

Participants can enroll in the program at any time during pregnancy, but they are only eligible for incentives if they enroll during their First Trimester and are covered under the company medical plan.

INCENTIVES

Participants eligible for the incentives will receive:

- **\$25 gift certificate** (no alcohol or tobacco allowed) to Food 4 Less/Rancho San Miguel Markets upon enrollment.
- **\$100 worth of diaper gift certificates** when the program requirements are completed and baby is born.

