



Congratulations!



In addition to the excitement and joy you are feeling as you start a new family or grow your existing family, you may have questions or even some concerns. Horizon is committed to the well-being of our pregnant members. Our focus is on ensuring the health of both you and your baby.

Our PRECIOUS ADDITIONS® program helps expecting parents get ready for their baby with:

Rewards

- You can earn a \$50 reimbursement for completing a prenatal parent class.

Resources

- Online access to the *Mayo Clinic Guide to a Healthy Pregnancy*
- An interactive healthy pregnancy calendar
- Care coordination

Online Tools

- **My Pregnancy Assistant:** A personal web-based guide that takes you through pregnancy, from taking prenatal vitamins to labor and delivery.
- **Pregnant Partner Support Plan:** A 28-day web-based plan from WebMD® helps parents-to-be understand what to expect during the pregnancy journey, emphasizing self-care, such as healthy eating, mental well-being and regular exercise.
- **Doctor & Hospital Finder:** Easily locate in-network care at HorizonBlue.com/doctorfinder.
- **Treatment Cost Estimator¹:** Estimate your labor and delivery expenses based on your plan.
- **Blue365®:** Enjoy exclusive discounts on items like vitamins, clothing and more. Go to Blue365deals.com/HorizonBCBS.



Enroll in PRECIOUS ADDITIONS today. Visit HorizonBlue.com/preciousadditions.

¹ Not all members registered for Precious Additions® have access to Treatment Cost Estimator. Check with your benefits administrator for details. These resources are not a substitute for the care of a doctor. If you have medical concerns or questions, contact your doctor.

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Para ayuda en español, llame al 1-855-477-AZUL (2985) (TTY 711). (中文: 如需中文協助, 請致電 1-800-355-BLUE (2583) (TTY 711).

Precious Additions® is for informational purposes only. Services are not an insurance program and may be discontinued at any time. In an emergency, please go to the nearest hospital or doctor, or call 911.

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