

PREGNANCY CARE RESOURCES

As an expectant mother, you may have questions about you and your baby's health, as well as your health insurance coverage. We are here to help.



As a Blue Cross and Blue Shield of Nebraska member, you have access to free resources that can help you have a happy and healthy pregnancy. Simply visit [NebraskaBlue.com/Pregnancy](https://www.NebraskaBlue.com/Pregnancy) to see the following:

- **Pregnancy care program** – education and support via a mobile app
- **Breast pump kits and support** – information on how to get a free breast pump kit and support
- **Health Insurance** – learn when and how to get your baby covered once they arrive
- **Pregnancy and baby essentials** – resources to help you get the supplies you need

If you have any questions, please call **877-348-4329** and one of our labor and delivery nurses will be happy to help.



**To learn more, visit
[NebraskaBlue.com/Pregnancy](https://www.NebraskaBlue.com/Pregnancy)
today!**