



BlueCross BlueShield of Texas



Special Beginnings[®]

Give your baby a healthy start.

It's never too early to start taking care of your baby.

That's why you should join the Special Beginnings program as soon as you know you are pregnant.

The **Special Beginnings** maternity program supports you from early pregnancy until six weeks after delivery. An experienced Blue Cross and Blue Shield of Texas staff member will contact you and:

- Ask you questions to determine what support you will need
- Send you helpful information and a free e-book about having a healthy pregnancy and baby
- Answer any questions you have and help you plan your care with your doctor
- Assist you with managing high-risk conditions such as gestational diabetes and preeclampsia

Take good care of yourself and your baby — join Special Beginnings today!

Enrollment is free, easy and confidential.

Call 888-421-7781, 8 a.m. - 4:30 p.m., CST, as soon as you find out you're pregnant.

Special Beginnings is not a substitute for professional medical guidance. Regular visits are important for your care. The information we receive from you may be shared with your physician to better coordinate your care. Be sure to discuss any health concerns with your physician.

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