

Prenatal Education program now available to ACR participants

Blue Shield of California is pleased to announce that our Prenatal Education Program is now available to all Air Conditioning & Refrigeration Health & Welfare Trust Fund (ACR) participants.

Patient education is a key component of effective care and improved patient outcomes and satisfaction. Blue Shield's Prenatal Education program is designed to supplement the care participants receive from their doctor by advocating early and continuous prenatal care, and a healthy lifestyle before, during and after pregnancy. The program is available to ACR participants at no additional cost.

Ongoing, extra support during and after your pregnancy

Participants will receive a wide range of educational materials to support them both during pregnancy (preparation and staying healthy) and post-delivery (caring for an infant). Participants are sent their choice of one of four top-rated pregnancy or parenthood books:

- What to Expect When You're Expecting
- What to Expect The First Year
- What to Expect The Toddler Years
- Every Woman's Guide to Eating During Pregnancy

Participants also receive an educational information packet that includes:

- Tips and information about each stage of your pregnancy
- A home safety checklist to help you prepare your home for when the baby comes home
- A pregnancy calendar to help you track appointments, questions for your doctor, and special milestones
- Information about vaccines that may be available to your child

We Protect Your Confidentiality

All information and requests for information received by Blue Shield of California are retained in strict confidence and are not shared internally or externally without your written permission.

Enroll today!

If you have any questions or would like to register, please contact us **(877) 289-4415** and select option 5. Hearing or speech-impaired members should call (800) 794-1099. You can also register online by going to **blueshieldca.com** and clicking on *Health & Wellness*. Take advantage of the benefits available to you through ACR and let Blue Shield support you in a healthier pregnancy and afterward, a healthy infant.

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