



LivingHealthyBabies.com

Big help for your small wonder.

Blue Cross Blue Shield of Massachusetts' Living Healthy Babies[®] is our premier online resource for parents-to-be. Whether you are pregnant already or are just starting to think about having children, **livinghealthybabies.com** can give you a helping hand. Living Healthy Babies gives you all the information you need before, during, and after pregnancy to help you have a healthier baby.

Preconception

To give your baby a great start, you should think about your health and the health of your family even before pregnancy. Living Healthy Babies can help.

- **Preparing for Pregnancy:** We explain the importance of a pre-pregnancy doctor visit.
- **Fertility:** Take a crash course on the female and male reproductive systems, learn the truth behind common fertility myths, and find out when you're most likely to conceive.

Pregnancy

Living Healthy Babies guides you through the simple joys (and pains) of this special time.

- **Pregnancy Week-by-Week:** We explain everything—from physical changes to emotional challenges—that you'll experience over the 40 weeks of your little one's development.
- **About Mom:** We'll teach you how to care for yourself, so you and your baby can be your healthiest.
- **About Baby:** Navigate the world of fetal development, childbirth classes, immunizations, maternity leave, and more.
- **Emotional Health:** Be better prepared to face any emotional challenges that come up while pregnant.
- **Nutrition:** Get educated on foods to pick up and pass up when you're eating for two.
- **Exercise:** We take you through doctor-approved exercises like lunges and swimming.
- **Health Issues:** Get the ins and outs of common symptoms like cramps, cravings, and constipation, as well as possible complications of pregnancy.
- **Prenatal Care:** Know how to prepare for that first scheduled visit with your doctor, and what to expect in the first few weeks of pregnancy.

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- **Labor and Delivery:** Ready for the big day? We teach you about breastfeeding, c-sections, labor signs, and birth plans.
- **Special and High-Risk Pregnancy:** From multiples to preemies, learn the challenges and rewards of special and high-risk pregnancies.

The First Year, Month by Month

Your baby's first year will fill you with wonder and questions. Learn what to expect during the first 12 months of social, cognitive, and physical development.

Tools and Resources

Test your knowledge and learn more about your body with our fun tools and resources. Estimate how many calories you burn each day, determine the peak of your ovulation cycle, and more at livinghealthybabies.com. You can also call a registered nurse,* toll-free, at **1-888-247-BLUE (2583)**, 24 hours a day, for support and education about caring for yourself or your baby.

*The registered nurse does not replace the care you receive from your doctor. You should continue to follow your doctor's treatment plan. Participation in Living Healthy Babies is voluntary, and whether you choose to participate or not, will not affect your coverage.



MASSACHUSETTS