



BLUE CROSS AND

BABY YOURSELF

*Give your baby the best start
for a healthy life*



PEEHIP

PEEHIP offers Baby Yourself,
a maternity program that
helps ensure expectant
mothers and their babies receive the best
possible healthcare during pregnancy.

This Blue Cross and Blue Shield of Alabama
program is available at no cost to expectant
mothers who are enrolled and insured in
the PEEHIP health benefit plan and applies
whether the pregnancy is normal or high-risk.

Sign up for Baby Yourself today and receive:



Support and educational materials



A registered nurse to call with
questions or concerns



Useful gifts which support healthy
habits and the importance of
prenatal care, and address
the challenges and changes
associated with a pregnancy



Download the **Baby Yourself App**.

The app* helps expectant mothers
track their pregnancy and baby's
development.



* For this service, you must be a Blue Cross and Blue Shield of Alabama member and enrolled in the Baby Yourself Maternity Program. There is no charge to download the Baby Yourself app, but rates from your wireless provider may apply. This information is for educational purposes only and is not a substitute for personal care from a licensed physician. Please consult your physician for diagnosis and treatment options.



BABY YOURSELF[®] Maternity Program

The PEEHIP plan is offering an incentive for enrolling
and participating in the Baby Yourself program.

PEEHIP will waive the \$200 deductible for the
delivery of your baby for those members enrolling
in the first trimester and completing the program.
The \$25 copay for days 2 through 5 will still apply.

If you or your spouse is pregnant, you can enroll
in Baby Yourself three ways:

1. Call **1-800-222-4379**
2. Register online at **AlabamaBlue.com/BabyYourself**

Note: You will be directed to *myBlueCross* to sign in or
register to begin.

3. Download the **Baby Yourself App**



Gifts for your growing family from

BABY YOURSELF



Water Mug

The large insulated Baby Yourself tumbler with lid is a great way for mother-to-be to stay hydrated and healthy.



Lamb & Blanket

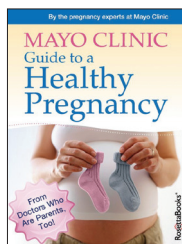
Two gifts in one: this cuddly stuffed lamb holds a soft microfleece blanket. The perfect duo for baby's naptime!

Choose one of these great books



Breastfeeding, A Parent's Guide

is a practical, step-by-step guide for today's busy parents. Detailed drawings, clear instructions, and helpful advice make this the breastfeeding book parents refer to over and over again.



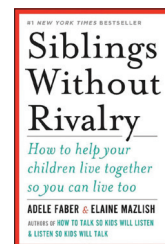
Mayo Guide to a Healthy Pregnancy

features helpful information for each stage of pregnancy – from conception to delivery and postpartum care to newborn care. Updated with the latest research and health practices from healthcare professionals across the nation.



Mayo Guide to Your Baby's First Year

is an easy-to-use guide that covers baby-care basics to month-by-month development to common illnesses to health and safety and more.



Siblings Without Rivalry

guides readers to family peace in a fun and compassionate way. Learn strategies to stop sibling arguments, move toward resolutions after a fight and many more things that will bring the harmony back to your home.

And, get a special gift for young siblings



The New Baby can help your other children understand their new role as an older sibling. This easy-to-read book features the classic Little Critter® characters.



BlueCross BlueShield of Alabama

We cover what matters.

An independent licensee of the Blue Cross and Blue Shield Association

The Baby Yourself Maternity Program is provided by Blue Cross and Blue Shield of Alabama. Gift items offered may vary from those shown above, and are subject to change.