Preparing *for* baby



Bits about babies

→ The U.S. government estimates that middle-income parents of infants born today will spend at least $242,000 each to raise their kids to age 18 – and that's before they factor in college tuition.[1]

→ According to the National Center for Health Statistics, the number of women having twins increased 74 percent, and the number of women having triplets or more increased five-fold from 1980 to 2000. Most of this increase is due to women waiting to have children until their 30s, along with a rise in fertility treatments.[2]

→ The Centers for Disease Control reported that in 2004, nearly 74 percent of U.S. mothers began breast-feeding their newborns, about 42 percent breast-fed their six-month-olds, and 21 percent breast-fed their one-year-olds.[3]

1 http://www.whattoexpect.com/index.aspx?puid=6E2BCC28-7120-495F-98EF-04F78677C881&~~OMNITURE~~

2 http://www.americanpregnancy.org/multiples/multiples.html

3 http://www.webmd.com/parenting/news/20070802/breastfeeding-statistics-up-says-cdc

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When it comes to having a baby, there is so much to prepare for! Just for starters, you're choosing a hospital or birthing center, buying a car seat, preparing the nursery and baby-proofing the house. First-time parents are on overdrive, trying to learn as much as they can about newborn care. And even seasoned parents can feel overwhelmed, as they prepare their current family unit for the new arrival and possibly plan for a new kind of delivery.

Nine months and counting

A good way to make sure all your ducks are in a row when junior arrives is to make a list of things you need to do. Setting milestones that coincide with each month of your pregnancy may help the list seem more manageable – and it's definitely better than saving everything until the last month!

To get started, consider the following "to do" list:

Month 1: Enroll in the **CIGNA Healthy Pregnancies, Healthy Babies®** program for education and support through your entire pregnancy – and after.

Month 2: Choose a doctor and hospital or birthing center.

Month 3: Prepare for any child care needs you may have, particularly if you are planning to return to work.

Month 4: Review your finances and, if necessary, make plans for maternity leave.

Month 5: Choose a pediatrician and read a few books on newborns and parenting.

Month 6: Make sure you have all baby essentials – nursery furniture, clothes, feeding items, car seat, stroller, etc.

Month 7: Attend a birthing class, and possibly additional classes for newborn care, infant CPR and breast-feeding. Tour the hospital or birthing center you've chosen.

Month 8: Preregister with the hospital or birthing center. Make plans for your delivery day – pack your bag, map your route and decide how you will get there.

Month 9: Pre-make and freeze food. Line up friends and family who have offered to help.

Month 10: After your baby is born, don't forget to enroll him or her in your health insurance plan. *And try to get some sleep!*

more >



Call 1.800.615.2906 and enroll in CIGNA Healthy Pregnancies, Healthy Babies!

Do you need more information?

As with anything that has to do with your health and well-being, if you have questions about preparing for your baby's delivery, make sure you talk with your doctor.

In addition, you can:

- Call and enroll in **CIGNA Healthy Pregnancies, Healthy Babies®**. Our nurses are experts who can answer all kinds of pregnancy-related questions – from staying at a healthy weight during your pregnancy, to delivery options, birthing classes and maternity benefits.
- Call the **CIGNA HealthCare 24-Hour Health Information Line℠**, and talk to a nurse or access an audio library of educational topics. Choose from a variety of pregnancy and general health topics, like Overcoming Fear of Childbirth (5260), Childproofing your Home (4553), Finding and Choosing Child Care (4520) and Safety Seats for Children (4674). For a complete list of topics, go to the "My Health" tab on **myCIGNA.com**. You can access the nurse and audio library by calling the member services number on your CIGNA ID card.

Other good resources include:

- The Medical Encyclopedia from Healthwise® on **myCIGNA.com**, under the "My Health" tab.
- **www.marchofdimes.com** for information on pregnancy and prenatal care, as well as care after your baby is born.

Enroll in Healthy Pregnancies, Healthy Babies today

- Call **1.800.615.2906** and enroll in Healthy Pregnancies, Healthy Babies as soon as you know you are pregnant.
- You'll be transferred to a maternity specialist who will do an in-depth, individualized health assessment to identify any special needs you may have. Next, a maternity nurse will help you develop a care plan with your doctor for your pregnancy, and will help you understand how to deal with any health conditions or change unhealthy behaviors.

And enjoy the rewards tomorrow!

Your employer rewards employees who enroll in Healthy Pregnancies, Healthy Babies. You can receive an incentive of $250 if you enroll in the first trimester or $125 if you enroll in the second trimester. You'll receive your incentive when you complete the program, which includes a call from a maternity specialist after your baby is born. And you're eligible for the incentive even if you've had several pregnancies.

Beyond the first pregnancy

Any expecting parent can benefit from Healthy Pregnancies, Healthy Babies and its free informational and support resources – even if this isn't your first baby. Every pregnancy and baby is unique and what you did for a previous pregnancy may not be exactly what you'll need to do this time. And, if you have ongoing or newly diagnosed medical conditions or lifestyle habits that can affect your pregnancy and baby, enrolling in Healthy Pregnancies, Healthy Babies is an easy way to get the support you need.

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