



Nurturing Together

HealthComp has partnered with your employer to offer FREE access to the **Nurturing Together** Program

During pregnancy, we sometimes need someone to turn to for advice and information.

HealthComp's Nurturing Together Program, previously known as Mommies 2-B, provides you with access to prenatal nurses and their expertise in the care of parents and newborn babies. Your prenatal nurse remains available to you throughout your pregnancy and six weeks postpartum to assist you in obtaining the information and care you need, such as:

- Pregnancy and newborn baby care
- Support for pregnancy-related issues (nausea, vomiting, diabetes, high blood pressure)
- Finding network providers (Obstetrician and/or Pediatrician)
- General parent health topics
- Community resource referrals
- Obtaining a breast pump
- Lactation consultant support

By providing this program at no cost to you, your employer has taken the first step in helping you to have a healthy pregnancy and baby. The next step is yours.

To get the most benefit from the **Nurturing Together** Program, please contact us as early as possible in your pregnancy or if you are thinking about pregnancy in the near future.

At **HealthComp**, our commitment is to you. To get started and meet your nurse today, contact us at the information provided below.

1.800.442.7247 Ext. 2419

CareManagement@HealthComp.com

The Nurturing Together Program is only available to members enrolled in the USC PPO/EPO medical plans.