

Early arrivals

Statistics on premature births can be scary, particularly when you or a loved one is pregnant! However, there are many things you can do to improve your chances of having a healthy, full-term baby.

To start, you should know that the following health conditions and lifestyle behaviors can increase the chances for preterm labor:

- You are pregnant with multiple babies.
- You've delivered a premature baby in the past.
- You've had problems with your cervix or uterus.
- You have a history of high blood pressure.
- You have diabetes – before your pregnancy, or as a result of increased glucose levels during pregnancy.
- You are overweight or underweight.
- You smoke, drink alcohol and/or take illegal drugs.

You should also be aware of the following signs of preterm labor:

- You begin to have contractions every 10 minutes.
- You notice a change in the color of vaginal discharge.
- You feel pelvic pressure, a low dull backache or cramps.

If you experience any of the above, you should call your doctor immediately.



Bits about babies

- In the United States, one in eight babies is born prematurely.¹
- In nearly 40 percent of premature births, the cause is unknown.²
- Babies who are born premature are at higher risk of dying or needing hospitalization and having long-term health problems than babies who are born full-term.³

¹ http://www.marchofdimes.com/files/Prematurity_Profile_10-05.pdf

² http://www.marchofdimes.com/prematurity/21191_5582.asp

³ http://www.marchofdimes.com/pnhec/188_1080.asp





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.

Do you need more information?

As with anything that has to do with your health and well-being, if you have questions about your pregnancy, including how to minimize your chances for a preterm baby, 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 perinatal benefits.
- Call the **CIGNA HealthCare 24-Hour Health Information Line**SM, and talk to a nurse or access an audio library of educational topics. Choose from a variety of pregnancy and general health topics, like Very Small Premature Baby (3784), Prenatal Care (5274), and Danger Signs in Pregnancy (5221). 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 perinatal specialist who will do an in-depth, individualized health assessment to identify any special needs you may have. Next, a perinatal 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 \$150 if you enroll in the first trimester or \$75 if you enroll in the second trimester. You'll receive your incentive when you complete the program, which includes a call from a perinatal specialist after your baby is born. And you're eligible for the incentive even if you've had several pregnancies.

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

“CIGNA” and the “Tree of Life” logo are registered service marks of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include International Rehabilitation Associates, Inc. (Intracorp), CIGNA Behavioral Health, Inc., vielife Limited, Connecticut General Life Insurance Company and HMO subsidiaries of CIGNA Health Corporation.

821287 a 06/09 © 2009 CIGNA

