



Pregnancy and postpartum support

Access digital tools and resources for your growing family

A new baby can bring a lot of change. That's why your health plan includes Future Moms with Digital Maternity Support. The information, tools, and resources in this program can help you have a positive pregnancy and postpartum experience.

The program's mobile app — powered by My Advocate® — offers a variety of features, including:

	Personalized to-do lists
	A baby kick counter
	Updates on your baby's growth and changes to your body during pregnancy
	A pregnancy calendar
	A contraction time tracker
	Tips on how you can prepare for labor and delivery
	Postpartum support for up to 12 weeks after birth

Extra support

- The program's online risk assessment checks to see if you're at risk for complications or early delivery. If you are, you can work with a nurse case manager by phone to create a personalized pregnancy care plan.
- If you choose to breastfeed, you can use the SydneySM Health mobile app to have video visits with a certified lactation consultant at no extra cost.

Note: If you have questions about breast pump coverage, please call the Member Services number on your ID card.



Download the My Advocate mobile app or go to [Myadvocatehelps.com](https://myadvocatehelps.com) to register at no extra cost. If you haven't signed up for digital support by your first prenatal doctor visit, we'll send an email, text, or voice message inviting you to enroll.

