



# Regence BabyWise<sup>SM</sup>

## Get ready for baby

Take the first step in caring for yourself and your baby with Regence BabyWise<sup>SM</sup>.

We're here to help you get the information and support you need to prepare for delivery and care for your new baby. Download the Regence BabyWise app (find it in the App Store or on Google Play) to track milestones and find answers to all your pregnancy and new-parent questions.

### With Regence BabyWise, you'll receive:

- Seasonal pregnancy newsletters
- A maternity nurse care manager who'll be there to support you every step of the way
- Help understanding and following your doctor's or midwife's advice
- 24/7 access to our toll-free maternity nurse advice line



Download the Regence BabyWise app to get the information and support you need for your pregnancy and your new baby.

### Get the Regence BabyWise app and you can:

- Read helpful articles and watch videos about pregnancy, caring for your baby and child development
- See your weekly to-dos for each trimester
- Write down questions to ask your doctor or midwife (and share those notes with loved ones)
- Use helpful tools for pregnancy and after delivery, including feeding and growth trackers
- Track your baby's development milestones from ages 0-2
- Quickly access your Regence support team and information about your benefits

For more information, email us at [CaseManagement@regence.com](mailto:CaseManagement@regence.com) or call **1 (888) JOY-BABY (1-888-569-2229)**.



Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association

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