

SMARTSTARTS

the smart choice for
you and your baby



When you know you're pregnant,
call to enroll in MedCost SmartStarts.

MedCost.com • 877.275.2718

Protect your most precious gift

Ask a mom-to-be what she needs to do before her baby is born, and she'll give you a very long list. If you're expecting, put taking good care of yourself and your baby at the top of your "to-do's" and enroll in the MedCost SmartStarts maternity education program.

A supplement to your doctor's care

SmartStarts will help you get ready to welcome your baby by providing you with resources and information about each stage of your pregnancy. An experienced MedCost SmartStarts prenatal nurse will call at scheduled times to offer individual attention and support so that you feel prepared and confident. Each trimester, you will receive educational materials that are relevant to where you are in your baby's development.

Answers when you need them

Every pregnancy is unique, and whether this is your first baby or you are an experienced mom, you'll have questions and concerns along the way. MedCost SmartStarts nurses are available by phone or secure email to provide answers and peace of mind whenever you need them. You also will have 24/7 access to MyCarePath, where you'll find helpful information about pregnancy and parenthood.

It's easy, it's confidential, and it's free

Enrolling in MedCost SmartStarts is as simple as making a phone call and answering a few questions. You can talk openly and honestly with the SmartStarts nurse, with the assurance that all conversations you have are confidential.*

**All conversations with your prenatal nurse are confidential and will not be shared with your employer.*



Enroll during the first 32 weeks of pregnancy and complete the program to receive \$100. For HSP, \$100 contribution to HSA. For MCP, \$100 applied toward deductible. If deductible has been met, receive \$100 check.

You will enjoy the highest level of benefits when you choose Mission Health Partners (MHP) providers and facilities. Out-of-network providers are not covered.