

# Are you ready to start a family? Are you already pregnant?

Community Health Choice and ProgenyHealth® want to support you.

There is **no cost** to you.



## Your Case Manager can help you with:

- Education and support
- Setting up doctor visits
- Making care plans
- Finding free or low-cost items and services



## Use the Maternity App so you can:

- Track your pregnancy
- Make to-do lists
- Read about your pregnancy
- Contact your Case Manager
- Access our 24/7 Nurse Advice Line



# Download our Maternity App Today!

Do these easy steps to get going:

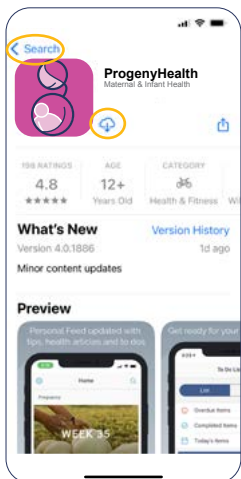


**1** Scan the QR code

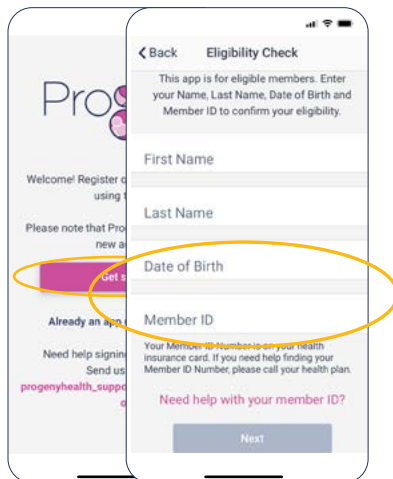


<https://prgnyhlth.onelink.me/LHEz/cmfweb>

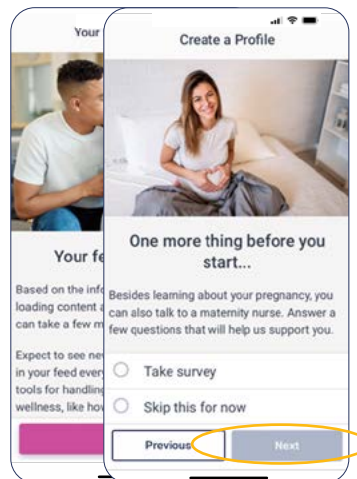
**2** Look for ProgenyHealth Download the Maternity App



**3** Open the Maternity App Enter Date of Birth and Member ID



**4** Create a profile to customize your experience



**5** Explore the many benefits inside the app



To learn more, call a ProgenyHealth Case Manager toll free at **1-855-231-4730**, Mon-Fri, 8:30 AM-5:00 PM ET.

