



AmeriBen Maternal Health

Baby Steps

Personalized support
for you and your baby

Pregnancy can bring many surprises — both wonderful and challenging. While it is hard to plan for the unexpected, *Baby Steps* can help you approach delivery with peace of mind. Each pregnancy is different, and we are here to guide and support you by connecting you to the resources, tools, and answers you might be looking for.

Access to a maternal health registered nurse

Baby Steps, AmeriBen's maternal health program, is part of your healthcare coverage through the Old National Bank health plan. This program provides eligible members and their families with education, support, and a specially trained maternal health nurse who will work with you to try to stay healthy and help avoid complications — during, and after your pregnancy.

We can help you with everything from finding providers and facilities in your plan's network to understanding your prenatal tests and results.

How it works

You will be sent a free copy of the book, "What to Expect When You are Expecting!" and your Maternal Health Registered Nurse will be available any time you have a question, concern, or just need a little extra support.

We are here to give you the information, tools, support and resources you need for a healthy pregnancy, delivery and baby!

Your baby deserves a healthy start in life. And we will be there to help guide you at every step of the pregnancy.

Please contact AmeriBen to learn more about the program:

- Call 888-235-3811
- Visit myameriben.com
- Email MaternalHealth@ameriben.com

