



VIEW A SHORT VIDEO ON  
OUR MATERNITY PROGRAM

*Use the QR code reader on your smart  
phone to see if the program is right for you.*

# Is there a family in your future?

If you are thinking about having a baby or are already expecting, UMR and your employer invite you to sign up for our maternity management service. Enrolling in this program can help you learn how healthy lifestyle choices and proper medical care before and during your pregnancy can boost your odds of having a healthy, full-term baby.

As a part of this free program, you may receive a reward for signing up in the first or second trimester.

## **We want to help support you during your special time**

*Visit the health center on [umr.com](http://umr.com),  
or call our nurses at 1-888-438-8105  
and start your enrollment today*

*This invitation is sent out to all households with female members in a certain age range that have UMR eligible benefits. It isn't based on any specific health care information, including whether you are pregnant or trying to become pregnant.*