**For expectant mothers**—Better Beginnings offers you prenatal and postnatal support. When you enroll in the program, one of our Better Beginnings registered nurse case managers will work with you and your health care provider to promote healthy outcomes for you and your baby. You must register prior to the birth of your baby to participate.

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**Here’s how it works**

We offer a choice of standardized benefits to all our Better Beginnings enrollees.

These benefits can include reimbursement for prenatal classes, post delivery visits from a visiting nurse or an international board certified lactation consultant and educational materials.

For those members who enroll before 34 weeks gestation there is an opportunity to choose one of these enhanced benefits:

- **Fitness classes:** Up to $150 in reimbursement for classes taken during pregnancy and up to three months after your delivery.
- **Car seat:** Up to $150 in reimbursement for a car seat purchased during your pregnancy or up to three months after delivery.
- **Homemaker:** Up to $25 per hour in reimbursement for up to nine hours used within the first three months after delivery.
- **Breast pump:** Voucher for a personal-use breast pump

Your Better Beginnings nurse case manager will review all your benefits in detail during your initial call.

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**How to register**

- **ONLINE** through our secure Member Resource Center. See My Forms>Better Beginnings Enrollment Form. [www.bcbsvt.com/betterbeginnings](http://www.bcbsvt.com/betterbeginnings)
  (perk: we auto-complete some fields for you)

- **MAIL OR FAX.** Complete and return the Better Beginnings Health Assessment. This form lists questions about your general and pregnancy health; helps determine if you may be at risk for an early delivery or other complications of pregnancy.

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