

Healthy Moms and Babies Resources

The CIGNA HealthCare Healthy Babies® program helps you take an active part in staying healthy during your pregnancy. These websites and phone numbers provide additional information about pregnancy, babies, child rearing and general health.

GENERAL HEALTH AND WELLNESS

www.myCIGNA.com Personalized access to online tools to help you find a doctor or hospital, compare drug costs, provider costs and quality, print a member ID card, and learn simple steps to improve your health.

www.eatright.org Nutrition information from the American Dietetic Association.

www.4women.gov (1.800.994.9662) The National Women's Health Information Center.

www.aap.org Information on children's health and well-being from the American Academy of Pediatrics.

www.cdc.gov (1.800.232.4636) Immunization information from the Centers for Disease Control and Prevention (CDC). Online, select *Healthy Living*. Or select the phone prompt for *General Health Information*.

PREGNANCY AND BABIES

www.modimes.com March of Dimes® A recognized source of information on pregnancy and babies.

www.childbirth.org Extensive information on pregnancy and childbirth with links to other educational information.

www.babycenter.org Information about babies from preconception to toddlerhood. Provide your due date and get a weekly email describing the fetus and what to expect.

www.breastfeeding.com Breast feeding information and support.

RESOURCES AND SUPPORT FOR SPECIAL NEEDS

www.nomotc.org National Organization of Mothers of Twins Clubs, Inc. International, local and state contacts.

www.mostonline.org Network for families with triplets, quadruplets and more. MOST provides information and resources about pregnancy, infancy, toddlerhood and school age.

www.climb-support.org (1.907.222.5321 - Note this is a toll call). Center for Loss in Multiple Births, Inc. (CLIMB) Connects you to other women in your community for support.

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Healthy Moms & Babies Resources (cont.)

www.eparent.com Information for parents of children with special needs.

www.hyperemesis.org Education and support for pregnant women with hyperemesis gravidarum (a condition where nausea and/or vomiting during pregnancy causes a large weight loss).

www.sidelines.org Support for high-risk mothers and their families. They also have local chapters.

www.cdc.gov (1.800.232.4636) Information about STDs and AIDS from the CDC. Online, select *Diseases and Conditions*. Or select the phone prompt for *General Health Information*.

www.endabuse.org/resources/gethelp Help for domestic violence. 24-Hour Hotline, 1.800.799.SAFE (7233). Call 911 if you are in immediate danger.

HEALTH IMPROVEMENT RESOURCES

www.ncadd.org (1.800.622.2255) National Council on Alcoholism and Drug Dependence. To find local resources by phone, call and provide your zip code. Or online, select affiliates and select your state.

www.cancer.org (1.800.227.2345) American Cancer Society. Provides information and telephone support for quitting smoking. Online, select *Guide to Quitting Smoking*

www.samhsa.gov (1.800.662.4357) Health and Human Services resource for drug and mental health-related issues. Provides information about local resources. Select *I Need Help With*, then *A Substance Abuse Problem* or *A Mental Health Problem*.



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