

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna®

Get special attention for a healthier pregnancy and baby

Aetna Beginning Right® Maternity Program



A free program to give your baby a healthy start

Beginning Right is part of your TRS-ActiveCare benefits package. You get support to help you and your baby grow healthier together.

You can:

- Make good decisions for a healthy pregnancy
- Lower your risk for early labor
- Stop smoking for good
- Get special attention for pregnancy risks
- Cope with postpartum depression and more

Plus, you can learn more about pregnancy, baby health and more.
Visit Women's Health Online at <http://womenshealth.aetna.com>.

Join Beginning Right today.
Call **1-800-CRADLE-1**
(1-800-272-3531) today.



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