

Staying Healthy During Pregnancy

CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. (CareFirst) want to help you maintain the best possible health throughout your pregnancy. There are many programs and tools available to help you prepare for the healthiest arrival.

Healthy Pregnancy Services	Contact
Online pregnancy center —Access interactive tools and a wealth of information about pregnancy, labor and delivery and newborn care.	carefirst.com/pregnancy
24-hour health care advice line —Unable to reach your doctor? Call the Nurse Advice Line and speak to a registered nurse who can help answer your clinical questions or guide you to the most appropriate care.	800-535-9700
Text4baby messages —Receive health tips and information throughout your pregnancy and your baby's first year through text messages.	text4baby.org
High-risk pregnancy support—If your provider determines you might be at risk for premature delivery or medical complications, a CareFirst nurse care coordinator, specialized in obstetrics, will work with you and your doctor to help you have the healthiest delivery possible.	888-264-8648, option 2
Behavioral health support —For parents who may experience loss, depression, anxiety, or addiction, there are resources available to support you.	Call the Mental Health/Substance Use Disorder number on the back of your member ID card

CareFirst BlueCross BlueShield is the shared business name of CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc. CareFirst of Maryland, Inc.,
Group Hospitalization and Medical Services, Inc., CareFirst BlueChoice, Inc., The Dental Network and First Care, Inc. are independent licensees of the Blue Cross and Blue Shield
Association. In the District of Columbia and Maryland, CareFirst MedPlus is the business name of First Care, Inc. In Virginia, CareFirst MedPlus is the business name of First Care, Inc. In Virginia, CareFirst MedPlus is the business name of First Care, Inc.
of Maryland (used in VA by: First Care, Inc.). The Blue Cross* and Blue Shield* and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.