Helping your employees have healthy deliveries

Education for informed maternity decisions

A healthy family addition

Preparing for the arrival of a new baby, for the first or the fifth time, can feel overwhelming. Beyond prenatal vitamins and visits to the doctor, there are other important preparation tips. At Aetna Global Benefits® (AGB), we believe in properly caring for every member of your employees’ family from the start. That’s why we’ve developed helpful resources that can both ease and enhance the baby preparation process. Your employees can enjoy education on:

- Pregnancy basics
- Prenatal medical and dental care
- Healthy eating and exercise while pregnant
- Welcoming baby

Triumphant trimesters

There’s certainly a lot to expect when expecting. We’re here to help families prepare for what they will go through trimester by trimester. From the medical history inquiries and general examination in the first trimester to taking childbirth classes in the third trimester, we are committed to keeping your employees informed.

Before the first tooth

Every aspect of a woman’s body is susceptible to change during a pregnancy. At AGB, we know this includes her smile. That’s why it’s crucial to understand the relationship between dental health and the overall health of a mom and her unborn baby. A common pregnancy-related illness like morning sickness can also have damaging effects on the tooth enamel triggering unforeseen long-term damage. Internal changes can cause dental nuisances too. The most common pregnancy-related change is pregnancy gingivitis. The best defense for pregnancy gingivitis, gum disease and other dental concerns is prenatal dental visits.

Healthy mom, healthy baby

When it comes to pregnancy nutrition and exercise, what a mother does not do is just as important as what she does. AGB maternity education resources will help moms navigate the nutrient and workout dos and don’ts for successful deliveries and healthy babies. Our International Health Advisory Team (IHAT) nurses can help moms find the right doctor or nutritionist to guide them through preventive decisions and provide medical standard advice on safely preparing for baby. As we help mom build the diet and stamina needed for labor and delivery, we are also looking ahead to help prevent serious health-related issues like preterm labor.

We want you to know®
A baby’s safe haven

AGB will join in the excitement of helping your employees bring their little ones home to a safe and healthy environment. We are steadfast in making certain that your employees have all the information that they need to get their parenting experience off to a good start — including tips like setting the water temperature in the home to prevent burn injuries and bed making to prevent suffocation.

Easy for you — easy for them

Getting educated on the maternity experience has never been easier. Your employees can visit the “Wellness Center”, located under “Resources” on their secure member website at www.aetnaglobalbenefits.com to find a wealth of maternity education materials and more!

Plus, you have your own central source for information — ”Marketing Materials”. Found under “Resources” on your secure site, this section houses tools for you to encourage your employees to take advantage of the educational materials available to them.

Deliver maternity education to your employees today!

Internationally, there are 40 neonatal deaths per 1000 live births each year due to poor maternal and newborn care.¹

¹World Health Organization, Neonatal and Perinatal Mortality: Country, Regional and Global Estimates 2004

The maternity information provided is not meant to be either a recommendation for medical treatment or a diagnosis of medical condition. Participants should consult their health care provider for the advice and care appropriate for their specific medical needs.

²Plans and programs are underwritten or administered by Aetna Life & Casualty (Bermuda) Ltd or Aetna Life Insurance Company (Aetna).

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Aetna does not provide care or guarantee access to health services. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Information is subject to change. For more information about Aetna Global Benefits plans, please refer to www.aetnaglobalbenefits.com.

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