

# Program Aimed at Babies & Mothers

**A**s a parent-to-be, you want to do everything in your power to ensure the doctor hands you a healthy and full-term bundle of joy in the delivery room. The nine months stretching from conception to delivery can be packed full of questions, concerns, and decisions.

Bright Wood understands that pregnancy is a critical time for parents and unborn children; that is why the company's health and wellness plan includes the Healthy Mother Baby program. Mothers who participate in the program also qualify for 100 percent coverage of all prenatal medical care, exams, and tests. Even pregnant women married to Bright Wood associates who are not included in their spouses' coverage can take advantage of the Healthy Mother Baby program at no cost.

"I recommend the program to anyone who is pregnant," Gloria Lockey,

Madras training coordinator, said. "The program is free and very helpful, especially for first-time mothers because you don't know what to expect. It was also very helpful for me with my second pregnancy. I used them whenever I had concerns and I couldn't get in to see my doctor right away. All I had to do was call them and they would answer my questions. Most of the time they would tell me not to worry, that what I was experiencing was normal."

Moms-to-be can enroll in the confidential program by calling Innovative Care Management (ICM) at 1-800-862-3338. A nurse specializing in prenatal care will interview the caller to learn about her medical history, eating habits, and other pregnancy-related factors.

ICM mails participants a helpful book on pregnancy and childbirth (which Gloria said she still uses) and

information on nutrition and pregnancy development. The packet also includes a list of materials from ICM's free resource library. Healthy Mother Baby program participants can check out materials on topics like sibling interaction, emotional changes, breast feeding, father participation, and much more. ICM mails all library materials with a postage-paid return envelope so returning items is free of cost and hassle.

Every three to four weeks after the first contact, the ICM nurse will call and check in. "They keep up with you," Gloria said. "They want to know how you are doing at each stage in your pregnancy and if you have any concerns or questions." The ICM nurse's final call comes after the baby's birth and it gives new mothers a chance to ask questions related to themselves and their newborn.