



Support for  
**every step**  
of motherhood

# Expecting the Best<sup>®</sup>

**We're focused on one goal: helping expecting moms enjoy a healthy pregnancy.**

From feeling baby's first kicks to seeing baby's first steps, travel the journey of motherhood with experts by your side.

The **new Expecting the Best<sup>®</sup> maternity program** from Scott and White Health Plan is here to give you information, resources and support for every step of motherhood.

**WHO:** All expecting moms – employees and dependents – enrolled in a BSW medical plan

**WHEN:** Get support from your first positive pregnancy test through one year postpartum

**HOW:** Enroll for free to get dedicated, personalized support from a member of our maternity case management team

**ENROLL TODAY**

Call **844.843.3229** or

Email **[BSWExpectingtheBest@BSWHealth.org](mailto:BSWExpectingtheBest@BSWHealth.org)**



# Expecting the Best<sup>®</sup>



## PREGNANCY

With each trimester, we provide moms care, information and support.

- Get access to a nurse 24 hours a day, seven days a week
- Receive early enrollment in case management
- Receive coordinated efforts to promote full-term birth, with extra assistance for women who previously delivered pre-term
- Gain extra guidance for high-risk pregnancies
- Get in-home support for high-risk conditions such as diabetes, hypertension and severe nausea
- Explore educational videos



## DELIVERY

As the due date approaches, we help moms get ready to meet baby.

- Recognize when labor has begun and what to expect next
- Understand the stages of labor
- Get assistance finding in-network hospitals to meet the needs of you and your baby
- Learn what to pack for the hospital stay



## POST PARTUM

After giving birth, we help moms navigate the physical and emotional changes.

- Access postpartum mental wellness resources
- Screen for postpartum depression
- Receive trusted newborn and baby care notifications through baby's first birthday
- Learn breastfeeding best practices
- Get immunization reminders
- Help plan for future pregnancies
- Use support and tools for returning to work

**BONUS!**

## Get extra digital content for free

**MyBSWHealth app:** If you are seeing a BSW provider with Epic access, ask him/her to order the **Pregnancy Digital Care Journey**. When your journey is live, enable CARE COACH messages from your app settings to begin.

- Get tips from a virtual coach
- Receive guidance on creating and sharing your birth plan preferences
- Follow the delivery packing checklist
- Read articles on different phases/stages of labor
- Watch for postpartum depression



## Text4baby

If you are seeing a non-BSW provider, you can still get digital support with the Text4baby app or Text4baby.org site.