



RECEIVE UP TO
\$1,000
IN PROGRAM
INCENTIVES!

baby&me

HAPPY. HEALTHY. HĀPAI.

In Hawai'i, hāpai means pregnancy, a very special time to care for both mom and baby. HMAA's free Baby & Me program is designed to help you and your baby stay healthy during pregnancy, through delivery, and beyond.

Enroll in HMAA's FREE maternity support program and receive these special gifts at no cost:

- \$250 Target eGiftCard*
- Breast Pump
- Prenatal Classes
- Digital Healthy Baby Kit
- Physician-Grade Fetal Doppler



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WHY IT'S IMPORTANT

Prenatal care and maternity support can reduce the risks of preterm delivery and birth complications.

WHO IS ELIGIBLE

HMAA medical plan members within the first 20 weeks of pregnancy may enroll.

WHAT TO EXPECT

We'll pair you with a maternity program nurse who will check in with you monthly by phone or email. Receive valuable incentives along the way!

“*My wellness nurse regularly checked in with me about the baby's growth, my OB appointments, and how I was feeling. I learned a lot about my body and pregnancy, and highly recommend this program!*”

-CLAIRE, Honolulu



LEARN MORE: hmaa.com/babyandme
EMAIL: HMAAwellness@hmaa.com
Or scan the QR code!



**ENROLL
TODAY!**