

MESSA's Healthy Expectations

Providing personalized support for you and your baby

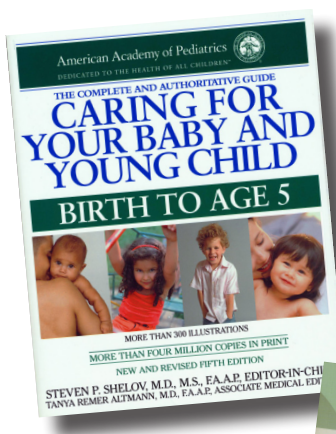
MESSA's *Healthy Expectations* provides support for expectant mothers. When you enroll in *Healthy Expectations* you will receive a simple health assessment questionnaire to complete and return to us. If any risk factors are identified, a MESSA *Healthy Expectations* nurse may contact you and offer additional assistance. We will also send you a reference book on pregnancy and birth and a second book containing health guidelines to help you care for your baby.

Enroll in MESSA's *Healthy Expectations* today by calling:

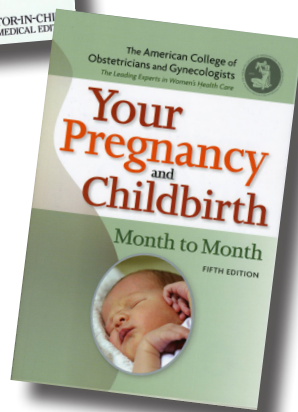
800.336.0013

Or online at:

www.messa.org/HealthyExpectations



Enroll today and we'll
send you these two books.



Important Notes

- MESSA's *Healthy Expectations* phone line is not a 911 service and is not intended to replace qualified medical care given by your doctor or other medical professional. If you have an illness or injury that requires immediate attention, please go directly to an emergency room.
- For questions about your MESSA benefits, please call MESSA's Member Service Center at 800.336.0013.
- All inquiries to *Healthy Expectations* are strictly confidential.



MESSA[®]

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