



There's a lot to learn and adjust to during pregnancy.

Take Control's Maternal Health Coaching Program provides support, guidance, and peace of mind during one of life's biggest changes.

Your employee health benefits include access to customized guidance during pregnancy when new information can be overwhelming, and after your baby's birth when there are so many questions to be answered.

Our maternal team includes coaches that are dietitians, lactation consultants, and exercise specialists. They are not only professionals, but moms who know how valuable support is during this busy time. For women diagnosed with gestational diabetes, we have a Certified Diabetes Educator on our team for specialized counseling.

\$50 incentive offered for women who complete the Maternal Health Program!

The benefits of Take Control's Maternal Health Program focus on physical and emotional health:

1. Seven helpful **coaching sessions** by phone with a flexible schedule.
2. A **supportive environment** to talk honestly and openly about concerns or worries.
3. Easy **access to coaches** to address any questions that arise.
4. Realistic **nutrition and exercise tips** that work for your busy life.
5. Free **pre-natal vitamins** throughout pregnancy.
6. Postpartum depression **screening** and referrals as needed.
7. Guidance with **breastfeeding**, including support with pumping and transitioning back to work.