

DOWNLOAD OUR APP!

BABY YOURSELF® Maternity Program



The **Baby Yourself** Maternity Program app helps expectant mothers track their pregnancy and baby's development.

Features of the app include:

- Daily Journal
- Photo gallery
- Weekly checklists
- Kick counter
- Contraction counter
- Hospital bag checklist
- Record scheduled doctor visits
- Customizable reports
- Daily pregnancy and parenting tips
- One-button dialing to access your physician and/or Baby Yourself Nurse*

...and much more!



Compatible with iOS and Android

* For this service, you must be a Blue Cross and Blue Shield of Alabama member and enrolled in the Baby Yourself Maternity Program.

There is no charge from BCBS of Alabama to download the **Baby Yourself** app, but rates from your wireless provider may apply. This Information is for educational purposes only and is not a substitute for personal care from a licensed physician. Please consult your physician for diagnosis and treatment options.



Eligible program participants* will receive:

- ▶ Support and educational material from an experienced Blue Cross registered nurse
- ▶ A personal nurse you can call with questions or concerns throughout your pregnancy
- ▶ Care coordination for high-risk pregnancies
- ▶ Useful gifts that support healthy habits



**BlueCross BlueShield
of Alabama**

We cover what matters.

An Independent Licensee of the Blue Cross and Blue Shield Association.