



# Download the BABY YOURSELF

*Mobile App\**

Track your baby's growth and your personal journey to motherhood

- Enroll easily in Baby Yourself from the app
  - Communicate securely with your Baby Yourself Nurse\*\*
  - Receive weekly updates on the growth of your baby and what might be happening with you
  - Track symptoms, kicks, contractions, etc.
  - Track the growth of your belly with the enhanced Gallery
  - Read articles around your pregnancy journey
- ...and much more!**



Compatible with iOS and Android



Eligible program participants\*\* receive:



Personalized support and educational materials



A personal nurse you can contact throughout your pregnancy



Care coordination for high-risk pregnancies



Useful gifts that support healthy habits

\*There is no charge from Blue Cross and Blue Shield of Alabama to download the Baby Yourself app, but rates from your wireless provider may apply.

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

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.



*We cover what matters.*

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