

RECEIVE UP TO

**\$500**

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. HWMG's free **Baby & Me** program is designed to help you and your baby stay healthy during pregnancy, through delivery, and beyond.

Enroll in our **FREE** maternity support program and receive these special gifts at no cost:

- \$250 Target eGiftCard\*
- Digital Healthy Baby Kit
- Physician-Grade Fetal Doppler



\*Not all health plan clients offer these incentives. Verify with your plan administrator the incentives available to you. Target and the Bullseye Design are registered trademarks of Target Brands, Inc. Terms and conditions are applied to gift cards. Target is not a participating partner in or sponsor of this offer.

## WHY IT'S IMPORTANT

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

## WHO IS ELIGIBLE

If your health plan offers this program, 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**

# HWMG

LEARN MORE: [hwmg.org/babyandme](http://hwmg.org/babyandme)  
EMAIL: [HWMGwellness@hwmg.org](mailto:HWMGwellness@hwmg.org)  
Or scan the QR code!



**ENROLL  
TODAY!**

