

# Helping you have a healthy pregnancy



**PRECIOUS ADDITIONS<sup>®</sup>, Horizon Blue Cross Blue Shield of New Jersey's maternity program, is dedicated to helping parents-to-be learn useful information about how they can care for their babies and themselves throughout pregnancy.**

If you're eligible for PRECIOUS ADDITIONS, you can enroll to receive a kit with educational information and savings opportunities mailed to your home.

Our program also connects you with resources that can help you have the healthiest pregnancy possible.

## Online tools

Sign in at [HorizonBlue.com](https://HorizonBlue.com) to use online tools like:

- **My Pregnancy Assistant:** This WebMD<sup>®</sup> tool walks you through every step of pregnancy, sends reminders and connects you with other parents-to-be.
- **Online Doctor & Hospital Finder:** Find in-network care easily.
- **Treatment Cost Estimator<sup>1</sup>:** Estimate your labor and delivery costs based on your plan.

## Support programs

- **Blue365<sup>®</sup>:** Receive exclusive discounts on items like vitamins and apparel. Learn more at [HorizonBlue.com/blue365](https://HorizonBlue.com/blue365).
- **Case Management:** If your pregnancy is considered high risk, our program can help you. Call **1-888-621-5894**, option 2.
- **Maternity Health Coach<sup>1</sup> and 24/7 Nurse Line<sup>1</sup>:** Eligible members can speak with a registered nurse about pregnancy-related questions. Coaches are available weekdays, from 8 a.m. to 8 p.m., Eastern Time. The 24/7 Nurse Line is available 24 hours a day, seven days a week. Members can reach both services by calling **1-888-624-3096**.

## Learn more and enroll

**PRECIOUS ADDITIONS** is a free and voluntary program. Enroll at [HorizonBlue.com/preciousadditions](https://HorizonBlue.com/preciousadditions) or call Member Services at the number on the back of your member ID card.

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**Spanish (Español):** Para ayuda en español, llame al **1-855-477-AZUL (2985)**.

**Chinese (中文):** 如需中文協助，請致電 **1-800-355-BLUE (2583)**。

<sup>1</sup> Not available to all members.

These tools and resources are not a substitute for the care of a doctor. If you have medical concerns or questions, please contact your doctor. Services are not an insurance program and may be discontinued at any time. PRECIOUS ADDITIONS<sup>®</sup>, Maternity Health Coach and 24/7 Nurse Line are for informational purposes only. Nurses cannot diagnose problems or recommend specific treatment. In the event of an emergency, please go to the nearest hospital or doctor, or call **911** or your local emergency services number.

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