

Get Extra Support and Earn up to $500 from the CIR Benefit Fund.

Ever wish you had a go-to source for all of your questions about pregnancy? Now, you do. Future Moms is a program that can answer your questions, help you make good choices and follow your health care provider's plan of care. And it can help you have a safe delivery and a healthy child. Future Moms is a program for expectant mothers available through your Empire BCBS health plan at no extra cost.

Opportunity 1 – Enroll in the Program:

- Call 1-800-828-5891
- Enroll in the program
- Receive Prenatal Kit as Welcome letter
- Complete the telephonic Future Moms assessment with a registered nurse within 183 days before your due date
- Eligible for a $250 Digital Gift Card from Giftogram

Opportunity 2 – Complete the Program:

- Complete the interim assessment via telephone at least one day before your due date with the future moms' nurse

- Then complete the program by participating in a post-partum assessment via telephone with the future moms' nurse within 53 days post-delivery
- Eligible for a $250 Digital Gift Card from Giftogram

Please note that once you have completed these steps you must wait for the CIR Benefits Office to contact you via email to confirm your address. Confirmation is done quarterly. For example, if you completed any one or all of the steps in the months of January, February and March, the quarterly list will become available in the beginning of April. Please allow up to 10 business days at the end of every quarter to receive your digital Gift Card.

Sincerely,
CIR Benefit Funds Office

Empire BlueCross BlueShield

An Anthem Company

Support for little bumps and big bumps

Give mom and baby the help they need with Future Moms

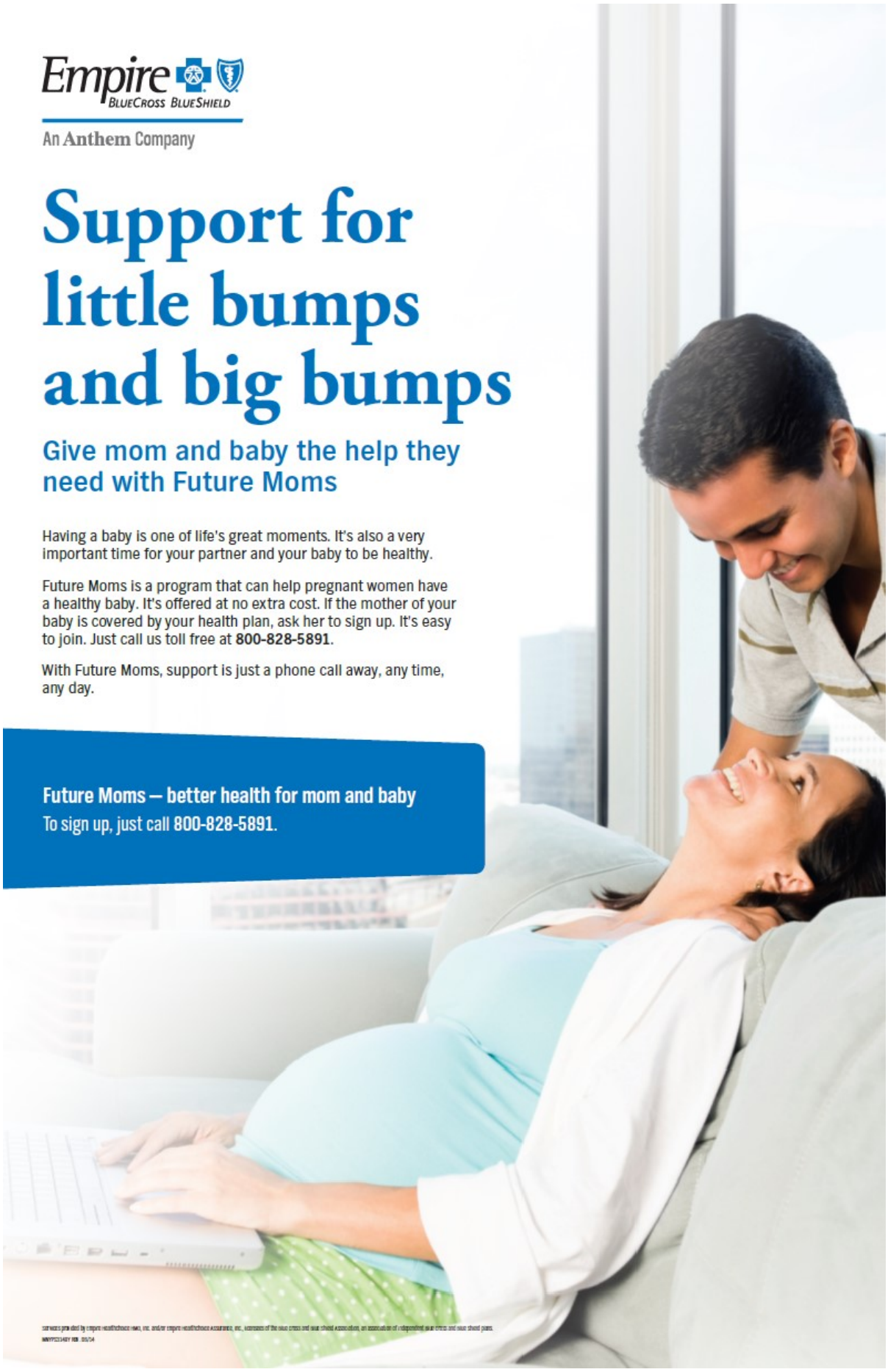
Having a baby is one of life's great moments. It's also a very important time for your partner and your baby to be healthy.

Future Moms is a program that can help pregnant women have a healthy baby. It's offered at no extra cost. If the mother of your baby is covered by your health plan, ask her to sign up. It's easy to join. Just call us toll free at **800-828-5891**.

With Future Moms, support is just a phone call away, any time, any day.

Future Moms — better health for mom and baby

To sign up, just call **800-828-5891**.



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