



## PEACE OF MIND is as close as your phone

Stay informed, empowered and supported during your pregnancy with the **My Pregnancy** app from Blue Cross and Blue Shield of North Carolina (Blue Cross NC). It's easy to use and offers information and tools from a source you can trust. And it's free!

There are lots of maternity apps out there. Many are just for fun, while others are more clinical in nature. My Pregnancy strikes the right balance with:

- + Week-by-week updates
- + Due date calculator
- + Weight gain calculator
- + Pregnancy milestones
- + Symptom search
- + Personalized healthy pregnancy actions
- + Baby kick counter
- + Daily tips and affirmations
- + Baby Boost relaxation tool
- + Birth Plan template
- + And more!

### Our nurses are on call 24/7

Pregnancy can be a time full of questions and concerns. With My Pregnancy, you have expert help in your corner. Regular use of the app will help you identify potential risks, and our 24-hour click-to-call feature can quickly connect you to a nurse if needed. So no need to stay up worrying while you wait for the doctor's office to open.

### What to expect

Here are a few of the features that make the My Pregnancy app different:

- + Information from trusted sources
- + Linked to Blue Cross NC insurance benefits
- + Click-to-call nurse 24/7 line
- + Custom content
- + Confidential
- + No advertisements



### Ready to get started?

- 1 **Download** the app **My Pregnancy Blue Cross NC**
- 2 **Register** using your Blue Cross NC subscriber info
- 3 **Complete** the pregnancy survey



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