

A healthy baby, a healthy you! Empire FutureMoms Program

All mothers-to-be want a safe delivery and a healthy baby. Therefore, reducing your risk of pregnancy complications, especially pre-term labor, is a priority. As an Empire member, you are eligible to enroll in **FutureMoms**, a free program that provides nurse coaching and prenatal care workshops. These resources are easy to use, and will help you understand and control the health risks associated with pregnancy. Signing up for **FutureMoms** will supplement your regular prenatal care by ensuring that you are following your doctor's plan of care.

At no cost to you, you can connect with a registered nurse to help you track your pregnancy and address your concerns any time, any day. Additionally, you'll be put in touch with pharmacists, nutritionists and other specialists that can answer any questions along the way! Other tools include free screenings, booklets and online resources. See the flyer below to learn more about the program, and contact Empire at 800-828-5891 to join today.

Attachments:



[Empire FutureMoms Program Information.pdf](#)