

# Pregnancy Assistant: Help for a healthy pregnancy

If you're pregnant, planning to become pregnant or supporting someone who's pregnant, the Pregnancy Assistant program on the Blue Cross® Health & Wellness site, powered by WebMD®, is for you.

Pregnancy Assistant is a fun and easy-to-use program that features a dashboard of quizzes, checklists, articles, videos, images of the stages of fetal development that you can click on for more information, and activities to help expectant mothers learn and follow guidelines to help them carry their child full term.

Pregnancy Assistant features a variety of helpful tools:

- A **symptom tracker** that allows you to track common pregnancy-related symptoms and provides information on self-care and when to contact a doctor
- **My Activities**, which lets you choose and track a variety of activities that can play a positive role in a healthy pregnancy
- **My Pregnancy**, which tracks the weeks of pregnancy
- **Track my Progress**, which features a *Contraction Timer* and a *Kick Counter*
- **Checklists** that can help you decide what to pack for the hospital, diaper bag contents, feeding supplies and more
- **Pregnancy 101**, a page filled with articles on a variety of healthy pregnancy topics

Check out Pregnancy Assistant today:

- Log in or register for your member account at **bcbsm.com**.
- Click the *Health & Wellness* tab to enter the Blue Cross Health & Wellness site. You'll need to register if it's your first time on the site.
- Click on the *Healthy Living* tab.
- Click on *My Pregnancy Assistant* under *Improve Your Health*.



WebMD Health Services is an independent company supporting Blue Cross Blue Shield of Michigan by providing health and wellness services.



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