



– Business Health Trust & Premera Blue Cross –

## BestBeginnings: For a Happy, Healthy Pregnancy

BestBeginnings from Premera Blue Cross is a comprehensive maternity program that provides the information and support Business Health Trust members need for a happy, healthy pregnancy. Resources include:

- **The BestBeginnings app.** Track your medical milestones, prep for doctor visits, log your health history and test results, and research questions before and after baby comes. It's linked to your healthcare plan, too, so you have one less thing to think about.
- **Extra clinical support.** Premera's clinical maternity specialists are here for you when you need them. Their knowledge is especially helpful for moms who have a history of multiple births, pre-term birth, miscarriage, or complicating health conditions. The team is also here for you if you're dealing with difficult emotions during pregnancy or after your baby comes.
- **24/7 access to care.** Through your Business Health Trust medical plan, you have access to diverse virtual care services including primary care through [98point6](#) and [Doctor on Demand](#); mental health therapy through [Talkspace](#) and Doctor on Demand; and a 24-hour Nurseline at (866) 224-8541.

For more information, visit [blue.premera.com/bestbeginnings](https://blue.premera.com/bestbeginnings)



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