

Did your family just get a little bit bigger?



Community Health Choice and ProgenyHealth® want to support you.

There is **no cost** to you.



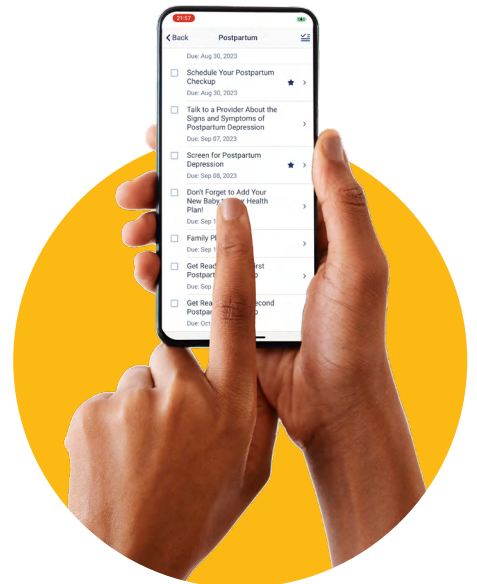
Your Case Manager will help you with:

- Parenting education, support, and encouragement
- Setting up doctor visits, keeping your appointments and making care plans
- Breastfeeding and lactation support
- Planning for maternity leave and return to work



Use the Mobile App to:

- Track your baby's milestones
- Create to-do lists
- Learn tips about taking care of a baby
- Contact your ProgenyHealth Case Manager





Download the Parenting Mobile App Today!

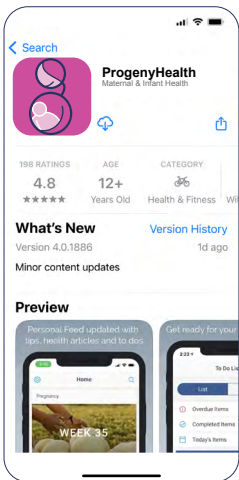
Do these easy steps to get going:

1 Scan the QR code

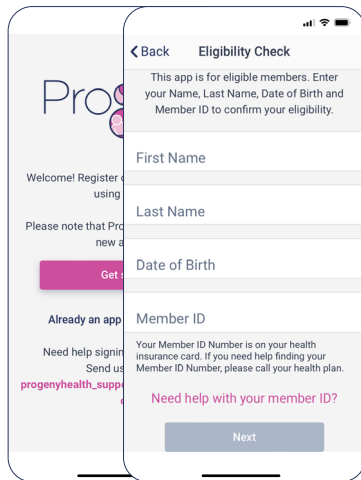


<https://prgnyhth.onelink.me/LHEz/cppf>

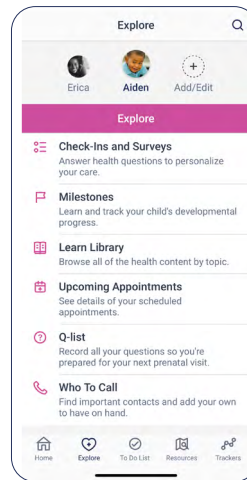
2 Look for ProgenyHealth Download the ProgenyHealth App



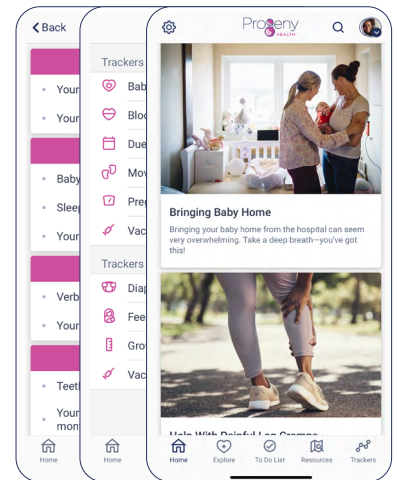
3 Open the App Enter your Member ID and date of birth



4 Create a profile for your baby to start tracking milestones



5 Explore the many benefits inside the App



To learn more, call a ProgenyHealth Case Manager toll free at **1-855-231-4730**, Mon-Fri, 8:30 AM-5:00 PM ET.

