



Now is your chance to make a healthy choice

Taking good care of yourself now is also taking good care of your baby. Babies should be a certain size when they are born. By avoiding things that can harm you or your baby, you are helping them grow.

Remember, your baby's bones and muscles are forming. So are their lungs, kidneys, brain, and heart. The things that are in alcohol, tobacco and drugs can keep their body and organs from forming properly.

Care Management team is here to support you. We have staff trained to support your journey. We offer:

- NAS Tool
- Treatment Program Referrals
- Collaboration with OB/GYN-Providers
- High-Risk OB VAB
- Dedicated CM outreach
- Biweekly NICU rounds
- One-year Follow up
- Certified SUD FPSS availability

Make a plan that is safe for you and your baby.

Call Member Services at:

1-855-300-5528

to connect with you Care Manager. You are not alone. Aetna Better Health is here to support you on this journey to a healthy life and a healthy baby.



Aetna Better Health of Kentucky

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