



Receive a FREE copy of



when you enroll!

AmeriBen Maternal Health Program

A City of Colorado Springs Employee Benefit

Personalized Help for You and Your Baby

BABY STEPS, our Maternal Health Program is provided to you and your eligible family members as part of your healthcare coverage through **The City of Colorado Springs**. We are excited to partner with AmeriBen to provide this benefit. This program provides education, support and a Maternal Health Nurse who will help you and your baby stay healthy and avoid complications—before, during and after your pregnancy.

Support Throughout Your Pregnancy

Upon enrolling, your Maternal Health Nurse will contact you to ask you a few questions about your pregnancy and will send you a copy of the book “What to Expect When You’re Expecting”. Throughout your pregnancy, your Maternal Health Nurse will call to provide you with ongoing assessments, monitoring and education on a schedule that meets your needs. You can also call your Maternal Health Nurse whenever you have a question, concern or just need some support.

Enroll Today!

This program is completely confidential, and provided to you at no additional cost.

Call: 1.800.388.3193 or Visit: www.myameriben.com

Email: MaternalHealth@ameriben.com

