

Lucent Health Tips:

Your Guide to Smarter Health Benefits



A Helping Hand Through Your Pregnancy Journey

If you're expecting, Lucent Health's **Healthy Beginnings** program is here to support you and your family every step of the way. Our experienced nurses provide education, guidance, and care throughout your pregnancy, helping you stay healthy and catch potential issues early.

How it Works

We begin by learning more about your health and pregnancy through an early screening, helping us catch and manage any potential risks early on, like risk for miscarriage, gestational diabetes, pre-eclampsia, or pre-mature labor. You'll work one-on-one with an experienced nurse who stays connected with you throughout your pregnancy and after your baby arrives, offering guidance, reassurance, and help coordinating your care. Personalized support during your pregnancy helps you and your baby stay healthy. Our nurses are here to answer questions, provide guidance, and help you avoid extra stress and unexpected healthcare costs.



Every nurse on our team has **at least seven years of experience** caring for expectant mothers and their babies

Enrolling with Healthy Beginnings

Our Healthy Beginnings team may reach out after you've seen your obstetrician to invite you to join the program, but you don't have to wait for a call. Enroll at any time by calling **(615) 560-1982** or visiting [lucenthealth.com/healthybeginningsenrollment](https://www.lucenthealth.com/healthybeginningsenrollment). Once enrolled, one of our nurses will connect with you to share helpful resources, answer questions, and offer support throughout your pregnancy and after your baby arrives.

Member Resources

Every pregnancy is different, and having the correct information can help you feel confident and supported along the way. Healthy Beginnings provides you with access to trusted information and easy-to-understand resources on pregnancy, wellness, and newborn care. Once you join, your nurse will provide personalized guidance for each stage of pregnancy, offer healthy lifestyle tips, and offer advice to help you care for yourself and your baby.

Enroll with Healthy Beginnings

(615) 560-1982

To enroll with Healthy Beginnings, call the number above or visit www.lucenthealth.com/healthybeginningsenrollment

