

# Contact Us

1-800-727-7536 (TTY: 711)

**VirginiaPremier.com**

Email us at

**healthyheartbeats@virginiapremier.com**

Virginia Premier complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you.

Call 1-800-727-7536 (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al 1-800-727-7536 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.

1-800-727-7536 (TTY: 711) 번으로  
전화해주시시오

## What is Healthy Heartbeats<sup>SM</sup>?

Virginia Premier Healthy Heartbeats<sup>SM</sup> is our prenatal program designed to make sure you have a healthy pregnancy and a healthy baby. We'll help you through the necessary steps to prevent complications for you and your baby.

The goal of the program is for you and your care team to work closely to achieve the best prenatal care.

## Who's on your Healthy Heartbeats care team?

- Medical Outreach Representatives
- Care Managers/Nurses
- Health Educators
- Obstetricians or Midwives
- WIC & Local Health Departments



## Member Rewards

We believe in rewarding healthy behavior. Since our Healthy Heartbeats program is about keeping you and your baby healthy, we're offering gifts to moms who join.

Healthy Heartbeats helps out at each stage of your pregnancy and postpartum. It provides prenatal care for you and your baby while you're pregnant, and will stay with you after your baby is born.

Going to prenatal care visits, attending classes, etc., will earn you points, and points will earn you rewards, including:

- Gift cards for mom & baby
- A baby shower
- A breast pump
- Educational materials
- A special delivery package

We'll give you a booklet to help you keep track of all the ways you take care of yourself and your baby through the Healthy Heartbeats program.

So, get in touch with us today. You can sign up for Healthy Heartbeats, and we can reward you for doing good.

Contact us at 1-800-727-753 (TTY: 711) or **VirginiaPremier.com** to sign up, or to learn more.



## What kind of help does Healthy Heartbeats provide?

The program will partner you with a Medical Outreach Representative, who will help you:

- Set up doctor visits, both prenatal and postpartum
- Set up transportation to your visits
- Maintain a healthy lifestyle
- Get the proper preventative care
- Get breastfeeding resources and support
- Enroll in prenatal classes, and the Plan First and text4baby programs
- Reach your educational goals

## How does Healthy Heartbeats work?

Soon after we learn you are pregnant, one of our Medical Outreach Representatives will get in touch with you. They will also talk to you about your pregnancy and health care needs, and tell you all about the Healthy Heartbeats program. This may include an in-home visit.

Your representative will support you throughout your pregnancy, and for the first two months after you have your baby.