

Expecting the Best[®]

From feeling baby's first kick to watching first steps, take your journey to motherhood with experts by your side.

Expecting the Best includes:

- Early one-on-one support and education during your pregnancy and one year after.
- In-home help during your pregnancy for high-risk conditions such as diabetes, high-blood pressure, severe nausea and vomiting.
- Support for postpartum depression and maternal mental health during and after pregnancy.
- Immunization and well-child reminders.
- Work with you and your healthcare team to support your health and wellbeing.

Enroll in the Expecting the Best program

Employees and dependents enrolled in a BSW Employee Plan who qualify are:

- Moms (pregnant to one year postpartum)
- Infants (up to one year of age)

Enroll at no cost to get dedicated, personalized support from a member of our case management team. To sign up, email:
HPEmployeePlanCaseManagement@BSWHealth.org

Please include:

- Member name, date of birth, and member ID
- Best phone number to contact you
- Any need(s) you would like us to focus on
- Anything you would like to share with us about your pregnancy

A Service Coordinator may call to invite you to join the program when we receive a doctor's referral or pregnancy claim. You can opt in or out of this program at any time.

