



625 State Street
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mvphealthcare.com



Little FootprintsSM

Prenatal education
program for qualified
MVP members.



Mothers-to-be can do a lot to make sure they have a healthy pregnancy and a healthy baby.

MVP wants to be sure the new **Little Footprints** in your home are happy, healthy ones.

If you are pregnant, remember to keep all appointments with your doctor, eat healthy foods, and get regular exercise and plenty of rest.


Make sure you have a healthy baby. Don't drink alcohol, and don't take drugs or smoke. Always talk to your doctor first before taking any medications.


If you qualify for the Little Footprints program, you will receive:

- educational material in the mail for pregnancy and infant care.
- monthly phone calls from a Little Footprints nurse to discuss healthy pregnancy habits.
- education and support to help you have a healthy baby.



Our Breastfeeding Support Program is offered through our trusted partner, Corporate Lactation Services.

 To enroll, visit mvphealthcare.com and select *Members*, then *Health & Wellness*, then *Health Management Programs*.

 Call **1-866-942-7966** to learn more about the MVP Little Footprints program.

