



WILDFLOWER

GROWING HEALTHY FAMILIES



Introducing a new mobile health program for employees and dependents:

Due Date Plus

for ABC members

Download it for free!



Due Date plus helps you track your pregnancy milestones, look up symptoms and issues, and connect to the Starting Right program services like nurse support, so you can have a healthier pregnancy.

FEATURES

- Personalized milestones
- Pregnancy health program
- Free 24/7 nurse line
- Reminders and issue lists
- Weight gain calculator

AND MUCH MORE!



iPhone

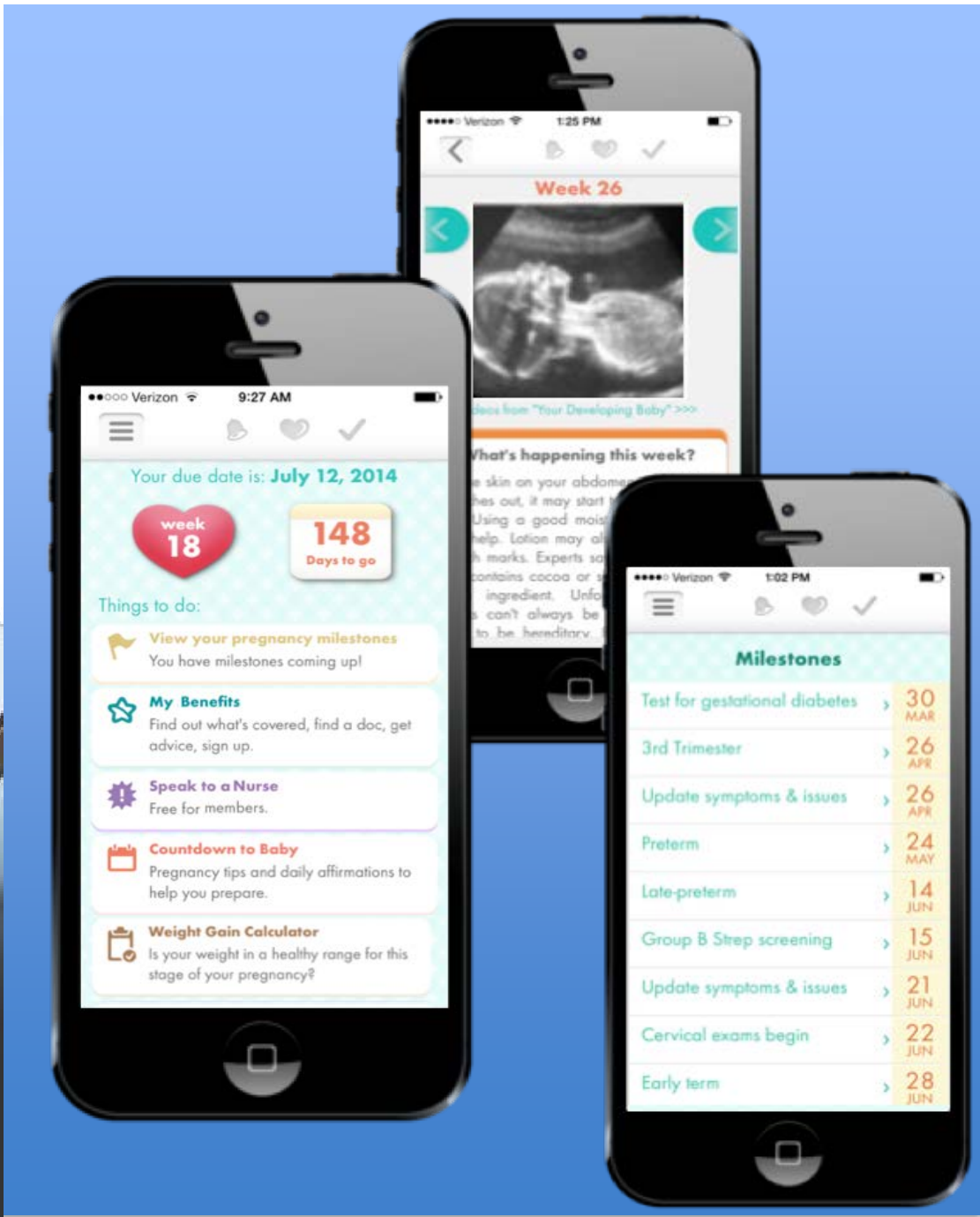
Scan the code to download application for iPhone OS. Or go to: <http://bit.ly/9jshda>



Android

Scan the code to download application for Android OS. Or go to: <http://bit.ly/1gxtul>

NEW PREGNANCY APP



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Your due date is: **July 12, 2014**

week 18 **148 Days to go**

Things to do:

- View your pregnancy milestones**
You have milestones coming up!
- My Benefits**
Find out what's covered, find a doc, get advice, sign up.
- Speak to a Nurse**
Free for members.
- Countdown to Baby**
Pregnancy tips and daily affirmations to help you prepare.
- Weight Gain Calculator**
Is your weight in a healthy range for this stage of your pregnancy?

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Week 26



...from "Your Developing Baby" >>>

What's happening this week?

...e skin on your abdom...
...hes out, it may start t...
Using a good moist...
help. Lotion may al...
h marks. Experts sa...
contains cocoa or s...
ingredient. Unfo...
s can't always be...
to be hereditary.

Verizon 1:02 PM

Milestones

Test for gestational diabetes	>	30 MAR
3rd Trimester	>	26 APR
Update symptoms & issues	>	26 APR
Preterm	>	24 MAY
Late-preterm	>	14 JUN
Group B Strep screening	>	15 JUN
Update symptoms & issues	>	21 JUN
Cervical exams begin	>	22 JUN
Early term	>	28 JUN

