



EARLY STEPS® MATERNITY COACHING

IF THERE'S A BETTER WAY  
TO SUPPORT YOU  
THROUGHOUT PREGNANCY,  
WE'LL FIND IT.



Early Steps® Maternity coaches and nurses offer peace of mind that comes from knowing a supportive expert is by your side throughout your entire pregnancy, monitoring your overall well-being.

**OUR MATERNITY COACHES AND NURSES PROVIDE ESSENTIAL ADVICE AND TIPS FOR:**

- Common pregnancy discomforts, like morning sickness, sleep issues and stress management
- Prenatal nutrition and physical activity
- Preparing for labor, delivery and a new baby
- Postnatal support (within 31 days of discharge)

**Not only will we help your family grow with confidence, we'll help you reduce your stress and keep your health – and your baby's – on the right track.**

**WHEN YOU ENROLL, YOU'LL EARN ACCESS TO:**

- Personalized one-on-one coaching with a nurse or health coach
- A secure message center for private messaging with your coach or nurse
- An online education portal
- A one-stop resource for pregnancy-related benefit information
- One of three informational books for FREE

*GuideStoneHealth.org*

**855-497-1230**

(Monday–Friday, 8:30 a.m.–10 p.m. ET)

Download the app | **MyQHealth - Care Coordinators**