A helping hand for new moms.

At Anthem Life Insurance Company (Anthem Life), our short-term disability plans provide more than just a benefit check to your employees when they have a disabling illness or injury. We also provide a variety of programs and services to help them return to healthy, productive lives. Our Newborn and Parenting Resources program helps support new mothers during their transition back to work.

**Anthem Life’s Newborn and Parenting Resources program offers personalized support for new moms for the transition back to work.**

Making the change from maternity leave to working mother can be hard — both physically and emotionally. And it doesn’t matter if it’s a first baby or fifth because each transition has its own unique challenges.

Many new moms have concerns, issues, fears and questions along with an individual set of challenges. Our Newborn and Parenting Resources program provides assistance to help new moms get back to work and be successful working parents. The easier the transition is for them, the more beneficial it is for you and your company.

**New moms can engage in one-on-one communication with professional parent coaches for eight weeks.**

- Each coach has an advanced degree in either counseling or child development.
- The coaches work one-on-one with new moms to address concerns, issues and set goals to meet parenting and life transition needs, such as returning to work. Once the goals are set, the coach provides comprehensive educational materials on the behaviors needed to achieve those goals.
- Communication between the new mom and coach is crucial to meeting the goals. So the coach will schedule a regular means of communication to check on the progress being made and address any new issues.
- Coaches are available by telephone, e-mail, instant message chat and an online journal.

**Here’s a partial listing of issues our Newborn and Parenting Resources program can help with:**

- Returning to work
- Work/life balance
- Adjusting to a new baby
- Issues with older siblings
- Child development
- Parent wellbeing
- Health and nutrition
Information, resources and communication options are available on a personalized home page right on the program’s website.

After the first time a new mom logs in to the website, she’ll receive a personalized, password-protected membership home page to use throughout the program. This secure site contains targeted educational materials, personalized goals and access for direct communications with her coach.

Here’s how new moms can get started in the program.

As part of the short-term disability claim approval process, our disability case managers will send a card to every new mother with directions on how to log on and enroll in the Newborn and Parenting Resources program.

It’s easy to enroll: New mothers simply go to anthemnewbornresources.com. They can enroll at any time during their maternity leave.

Just a few limits and conditions to the program you should know about.

Anthem’s Newborn and Parenting Resources program is a feature of our short-term disability plans which are available through Anthem Life.

Eligibility for employees who are new mothers: Female employees with approved short-term disability maternity benefits can receive these services at no additional cost after the birth of a baby. The program is available at no cost to the new mother for eight weeks from the date the new mother enrolls in the program.

Eligibility for employees who are not new mothers: Employees other than new mothers who have approved short-term maternity claims can enroll in Anthem’s Newborn and Parenting Resources Program at their own expense and receive a 45 percent discount off the regular public price. Some examples include a male employee whose wife had a baby or an employee who adopted a baby.

Continuation of program after eight weeks: If a new mother wants to continue with the program after the free eight weeks of services are over, she can enroll at her own expense and receive a 45 percent discount off the regular public price. The new mom will be able to keep her same parenting coach.

Other benefits for new parents

All new parents can receive discounts on baby and child-related products and services from SpecialOffers@Anthem℠. They’ll also get a free 12-month subscription to American Baby® magazine. Be sure to see our SpecialOffers@Anthem flyer for more information.

Choose Anthem Life. And help protect your greatest asset ... your employees.

Regardless of your company size or budget, Anthem Life’s disability coverage can be a valuable way to help your employees who become sick or injured. We offer a range of options so you can choose the plan that meets your needs and keeps your bottom line in line. And, our coverage includes programs and resources to help your employees get back to work as soon as safely possible.

You can feel confident that we have the strength and stability to deliver on our promises. We’ve earned an A.M. Best financial rating of “A” (Excellent) and are backed by the largest health benefits provider in the nation. So protect your employees and protect your business with Anthem Life.