



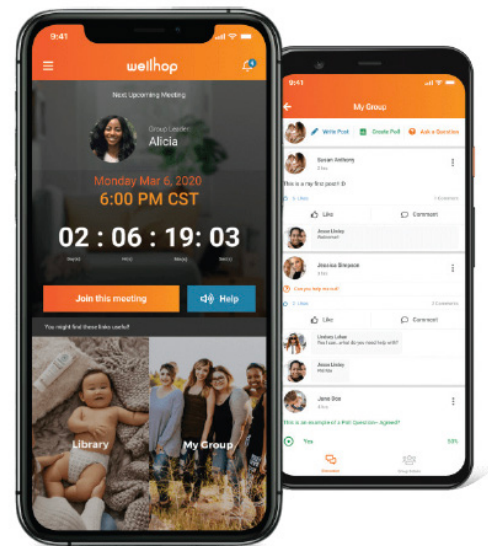
Wellhop for Mom & Baby

An online video community with resources for your pregnant patients

UnitedHealthcare Community Plan is excited to offer Wellhop for Mom & Baby, an online meeting and resource community, to pregnant members in select states. Wellhop brings pregnant individuals together and matches them with clinically trained facilitators in group video conversations for education and support.

Members of participating health plans who are fewer than 36 weeks pregnant* can enroll in Wellhop at no additional cost.

- Wellhop for Mom & Baby supplements the traditional pregnancy and newborn care that the mother or mom-to-be is already getting from you and her care providers
- Wellhop brings individuals at the same stage in pregnancy together. Members meet online through the Wellhop app or website every other week during their pregnancy to get evidence-based information about prenatal and postpartum health.
- The Wellhop program does not offer medical advice. Members are encouraged to bring concerns and questions to their care providers.
- Facilitators lead discussions on topics like diet and exercise, labor and delivery, pain management and newborn care. Between meetings, members can also connect with each other through a supportive online community.
- Wellhop follows all HIPAA rules. Members must join the video meetings from a private space where other adults can't hear or see the conversation.



To learn more about Wellhop for Mom & Baby, please visit momandbaby.wellhop.com.

Members can enroll by downloading the app or visiting the website.

*To enroll, members must be at least age 13.