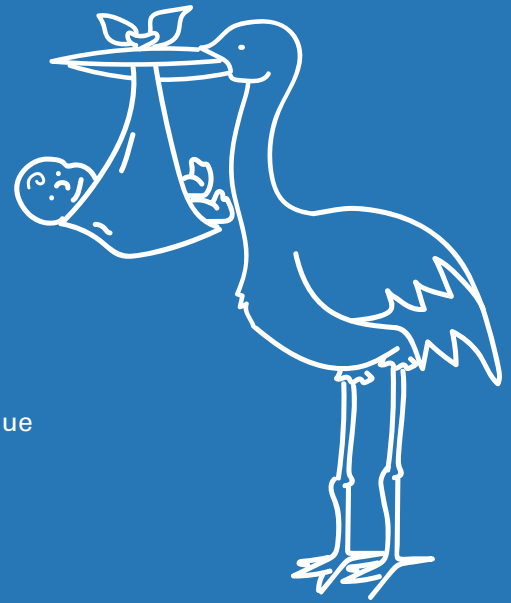




# Special Delivery

Early detection, education and treatment are key to preventing and managing high-risk conditions during pregnancy. Special Delivery, our prenatal pregnancy program, is available at no cost through Arkansas Blue Cross and Blue Shield. The program helps people to recognize potential problems and know when to seek medical attention.



## Three easy ways to enroll:

- Online at [blueprintportal.com](https://blueprintportal.com)
  - Register or sign in to Blueprint Portal
  - Select **Menu** then **Maternity** program
  - Follow the prompts to complete your registration
- Email [SpecialDelivery@arkbluecross.com](mailto:SpecialDelivery@arkbluecross.com)
- Call **800-225-1891 ext. 20225** (you can also request the enrollment form to be mailed)

Once enrolled, you will be assigned an OB nurse who is specialized in caring for people who are pregnant. You will work with the same OB nurse throughout your pregnancy.

You can email your questions to [SpecialDelivery@arkbluecross.com](mailto:SpecialDelivery@arkbluecross.com) anytime or call 800-225-1891 ext. 20225, to speak to a nurse Monday-Friday, 8:00 a.m.-4:30 p.m. (CST).

Motherhood includes so many firsts and it's easy to get lost in the excitement. We want to help every pregnancy to be healthy for the baby and mother.



Arkansas  
**BlueCross BlueShield**

An Independent Licensee of the Blue Cross and Blue Shield Association



## All participants will receive:

### First member mailing

- Book: Mayo Clinic Guide to a Healthy Pregnancy
- Oral health guide
- Dietary supplements
- Food safety
- Folic Acid FAQs
- Pregnancy resource information list

### Second member mailing (34 weeks)


- Book: Mayo Clinic Guide to Baby's First Year
- Childhood growth and development flyers
- Early childhood tooth decay
- MOD – Why the last weeks of Pregnancy Count booklet
- AAP's Parent's Guide to Safe Sleep
- Infant feeding guide
- Immunizations for children
- Post-birth warning signs

### Supplemental mailings and services (as needs arise)

- ACOG educational brochures
- Diabetic education
- Behavioral health information
- A Teen Facing Pregnancy
- Nutrition and exercise
- Smoking cessation

## And more!

IMPORTANT NOTE: The Special Delivery Education Program is for health education purposes only. Arkansas Blue Cross and Blue Shield, Health Advantage and BlueAdvantage do not offer medical advice or medical services. You should always consult your treating physician for any medical advice or services you may need. Members are responsible for selecting providers, services or products. All referenced health services may not be covered under your health plan. Please check the terms of your health plan or insurance policy for coverage of services. Information furnished by you is kept strictly confidential and only used to provide us with the information necessary for your participation in the Special Delivery Education Program.



We want every delivery to be a  
**SPECIAL DELIVERY**



320 W. Capitol Ave. | PO Box 2181 | Little Rock, Arkansas 72203-2181 | 800-225-1891 ext. 20225