



What is Healthy Heartbeats?

Healthy Heartbeats is Virginia Premier's prenatal program, designed for helping our members have a healthy pregnancy and healthy baby! Through our program, you are guided and advised on the steps to prevent complications for Mom and Baby.

The Goal of Healthy Heartbeats is to work closely with you and your Care Team to encourage the best prenatal care.

Who is on your Healthy Heartbeats Care Team?

- Medical Outreach
- Case Manager/Nurse
- Health Educator
- Obstetrician
- WIC & Local Health Department

How does Healthy Heartbeats Work?

One of our Medical Outreach Coordinators will contact you to explain the Healthy Heartbeats program. The Outreach worker will schedule a home visit and will be with you throughout your pregnancy and through the first two months after birth!

Why Choose Healthy Heartbeats?

- Develop a supportive relationship with our Outreach Team
- Arrange Transportation to Prenatal Appointments
- Help you Quit Smoking
- Help you stop Alcohol or Drug Abuse
- Help you with your educational goals
- Help keep you out of the hospital until your baby is due
- Offer breastfeeding support and resources
- Help you enroll in prenatal classes
- Help you enroll in the free program Plan First after baby is born
- Assist you in enrolling in the text4baby program



Member Incentives

Upon completion of the Healthy Heartbeats program, Virginia Premier will reward you for taking care of yourself and your baby during pregnancy!



The incentive part of the program is designed to encourage our members to obtain early and continued prenatal care and postpartum care after the baby is born.

You will receive a Healthy Heartbeats Journal to record all of your prenatal visits, prenatal classes, outreach visits, etc.

Each time you attend a prenatal care visit, you will receive points. You can receive additional points for attending a class and baby shower. The more points you get, the more gifts you receive.

Gifts Include:

- Gift Cards for Mom/Baby
- Special Delivery Package
- Educational Materials
- Breast Pump
- Baby shower

At Virginia Premier, we make healthy
living easy with our
Healthy Heartbeats program!

- Outreach Visits
- Prenatal Care Visits
- 24-Hour NurseLine 1-800-256-1982
- Prenatal Classes
- Breastfeeding Support
- Gifts
- Baby Showers
- Transportation



Contact Healthy Heartbeats

Monday-Friday, 8:00 am - 5:00 pm

By Phone

Call us toll-free: (800) 727-7536, press 3

By Email

healthyheartbeats@vapremier.com



www.vapremier.com



Prenatal Care Program

We Make Healthy Living Easy!™

