

A black and white photograph of a woman with curly hair, smiling warmly at a baby. The baby is being held by another person whose hands are visible. The baby is wearing a white cap and patterned clothing. The woman is wearing a light-colored top. The background is slightly blurred, showing what appears to be a window or a wall with a grid pattern.

# BestBeginnings Mobile App

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EASY-TO-USE APP PROVIDES  
MATERNITY SUPPORT  
AT YOUR FINGERTIPS

# Baby on the way?

Get ready with the **BestBeginnings** mobile app provided by Premiera Blue Cross. This free app engages expecting parents from pregnancy through newborn care with personalized tools and support. **BestBeginnings** also offers resources to support your emotional and mental health before and after your baby is born.



## GETTING STARTED

- 1 Text** SEBB to 29094 and download BestBeginnings
- 2 Register** using your Primera member ID number
- 3 Enter** your baby's due date to start exploring



BestBeginnings is available for Primera Blue Cross SEBB members who are enrolled on the High PPO and Standard PPO health plans.

Primera Blue Cross complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. **Español (Spanish): Este Aviso contiene información importante.** Es posible que este aviso contenga información importante acerca de su solicitud o cobertura a través de Primera Blue Cross. Es posible que haya fechas clave en este aviso. Es posible que deba tomar alguna medida antes de determinadas fechas para mantener su cobertura médica o ayuda con los costos. Usted tiene derecho a recibir esta información y ayuda en su idioma sin costo alguno. Llame al 800-722-1471 (TTY: 800-842-5357). **中文 (Chinese): 本通知有重要的訊息。**本通知可能有關於您透過 Primera Blue Cross 提交的申請或保險的重要訊息。本通知內可能有重要日期。您可能需要在截止日期之前採取行動，以保留您的健康保險或者費用補貼。您有權利免費以您的母語得到本訊息和幫助。請撥電話 800-722-1471 (TTY: 800-842-5357)。







PERSONALIZED

## milestones

Keep track of pregnancy milestones based on due date and create a customized birth plan.

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USEFUL

## reminders

Keep track of appointments and set reminders to take vitamins. Or, remind yourself to take a few minutes to relax each day.

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TOOLS TO

## stay informed

Look up symptoms or concerns, watch videos, monitor your weight, and track baby's movements.

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TOOLS TO

## stay connected

Get alerts on pregnancy-related issues and talk to Premera maternity specialists.

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24/7

## nurse support

Premera members who use the BestBeginnings mobile app also get one-touch access to 24-Hour NurseLine, Find a Doctor, and other health plan resources.

< Read more

BEYOND THE BIRTH

# BestBeginnings Mobile App

Continue to use BestBeginnings after your baby is born. Use the app to track your baby's growth, feedings, and diaper changes.