

# At HAP, your health is our priority!

That's why we offer a wide range of women's health programs to help you lead your best life – from weight loss and nutritional programs to smoking cessation. And with our Maternity Services Program, we've got you covered.



HAP® has teamed up with ProgenyHealth® to give you comprehensive maternity support – at no cost to you. With ProgenyHealth, you can:



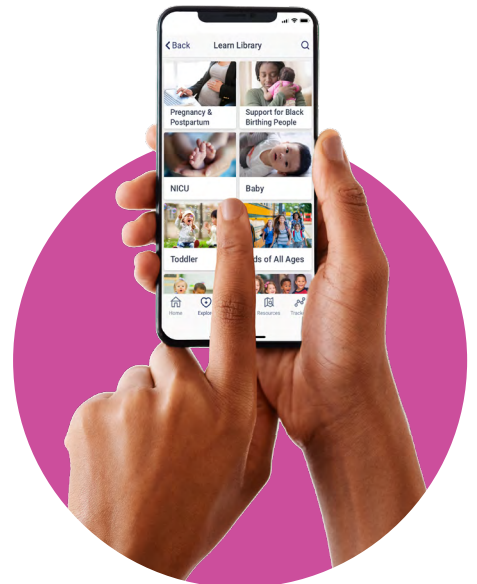
## Call a ProgenyHealth Case Manager who will help you with:

- Maternity education, support, and encouragement
- **Setting up** doctor visits, keeping your appointments and making care plans
- **Helping you find** free or low-cost resources not covered by your plan



## Use the Mobile App so you can:

- Create your own experience
- Track your pregnancy with updates
- Contact your ProgenyHealth Case Manager



# Download the Pregnancy Mobile App Today!

Follow these easy steps to get started:

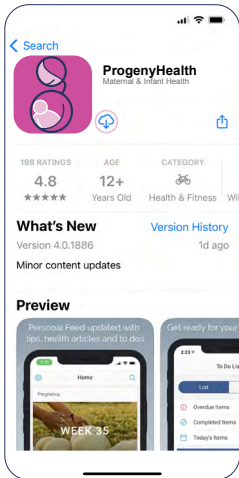


## 1 Scan the QR code

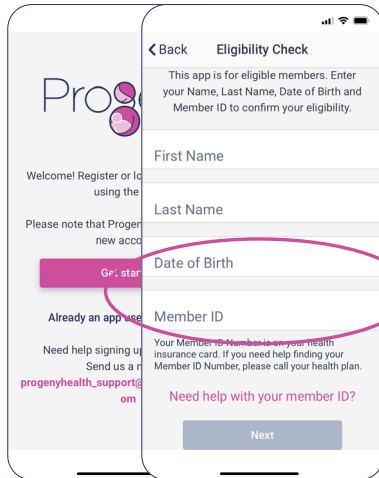


<https://prgnyhlth.onelink.me/LHEz/hmf>

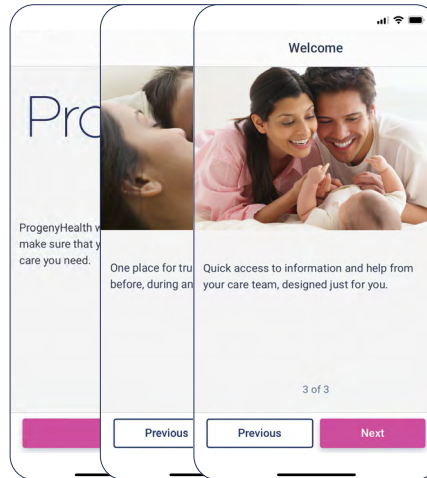
## 2 Look for ProgenyHealth Download the ProgenyHealth App



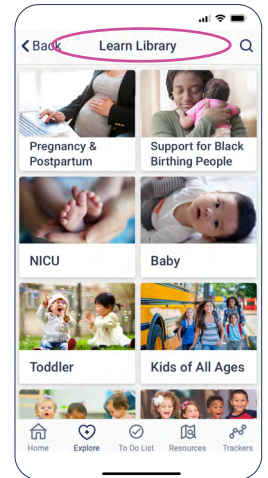
## 3 Open the App Enter date of birth and ID



## 4 Click the buttons to start using the App



## 5 Read about your pregnancy in the Learn Library



Call us today to talk to a ProgenyHealth Case Manager  
**TOLL FREE: 1-855-231-4730** 8:30 AM - 5:00 PM  
[www.hap.org/maternity](http://www.hap.org/maternity)



ProgenyHealth LLC © 2023 | [ProgenyHealth.com](http://ProgenyHealth.com) | 450 Plymouth Road, Suite 200, Plymouth Meeting, PA 19462 | Rev.101823

HAP and its subsidiaries do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

© 2023 HAP - nonprofit company | HAP91716 - 10/2023