



Welcome to Inova BabyNET! Congratulations on this exciting time in your life. We're here to help you to have a healthy and safe pregnancy.

Inova BabyNET will offer you:

- A care manager nurse who will support you during your entire pregnancy. You can talk to her about your questions and concerns at any time and she will give you expert advice.
- Lactation support if you decide to breastfeed, to help you start and keep breastfeeding successfully.
- 24/7 access to our website with free classes, resources and links for expecting parents. Go directly to www.inovababynet.com you will never need to enter a password.
- Prizes for practicing healthy habits like drinking water and taking vitamins.



Please take your online surveys!

- Your survey answers help us give you information that will be useful for your pregnancy. Your care manager uses your responses to give you support and education specific to your needs.
- We like to reward you for your healthy habits; monthly surveys give you a chance to earn points and prizes.
- Surveys are a good way to keep in touch with your care manager nurse.