

YOUR HEALTH & WELL BEING



CIGNA HealthCare
A Business of Caring.



Read the Label First

Many common household products such as cleaners and pesticides can hurt a child if not used and stored correctly. Preventing children from being exposed to household cleaners and pesticides is your responsibility. Here's some information about how you can help keep your child safe.

Follow All Label Instructions and Precautions

- Warnings and directions tell you how to use products safely and correctly. This helps keep you and your children safe.
- Follow warnings to open windows, wear gloves and not breathe product dust.
- Keep children and pets away from spills and treated areas as directed.

Keep Products in Their Original Containers

- It is very dangerous to put products in food and beverage containers. Children may think that something in a familiar juice or soda bottle is good to drink.
- If you throw away the original container, you throw away important information needed in case of an emergency.



- If the label tells you to mix a product in another container, use all of the mixture. If you can't use all of it, label the new container for future use.

Store Products Out of the Reach of Children

- Store all your household cleaning and pesticide products where children can't reach them.
- Use childproof locks on low cabinets. Make certain child-resistant caps and covers are in place.

Know Where to Call for Help

- Many labels contain a number to call in an emergency.
- Have your local poison control center phone number handy by the phone.

- Have your doctor's phone number near the phone.
- Have the product label ready when you call. The label provides those helping you with important information about the product.

Did You Know?

Did you know that enrollment in Healthy Babies® is as easy as calling the toll-free number on your CIGNA HealthCare ID card? Healthy Babies provides moms-to-be with support from a registered nurse case manager for moms and babies with special health care needs; free educational materials from the March of Dimes®; and round-the-clock access to a toll-free information line staffed by experienced registered nurses. So, when you're expecting, we'll be expecting your call!

Healthy Babies® Program

Knowing What to Expect When You're Expecting

CIGNA HEALTHCARE'S HEALTHY BABIES® PROGRAM HAS HELP FOR MOMS-TO-BE

It's never too early to start taking care of a baby and CIGNA HealthCare believes in being very proactive in helping babies be healthy – moms, too. That's why as soon as your doctor says, "Congratulations, you're expecting," you can enroll in the CIGNA HealthCare Healthy Babies® Program.

During your pregnancy, as you pay special attention to your growing baby, CIGNA HealthCare will be paying special attention to you. And as a participant in Healthy Babies, you'll have opportunities for education and support through your entire pregnancy – and after.



Special features of Healthy Babies include:

- Support from a registered nurse case manager for moms and babies with special health care needs. These nurses are just a toll-free call away and can provide you with education on risk factors as well as offer access to services that can help you have a healthy delivery and baby.
- Free educational materials from the March of Dimes®, a long-time partner of CIGNA HealthCare and a recognized source of information on pregnancy and babies.
- Round-the-clock access to a valuable toll-free information line staffed by experienced registered nurses.

And once your baby arrives, CIGNA HealthCare continues to provide access to the services you'll need for the first few days – as well as access to a wide selection of credentialed CIGNA HealthCare participating pediatricians and family doctors from which to choose to provide your new baby's medical care.

Enrollment in Healthy Babies is as easy as calling the toll-free number on your CIGNA HealthCare ID card. So, when you're expecting, we'll be expecting your call!

Did You Know?

If you are wondering about how to treat a skin rash or need advice on how to calm a crying baby, you can call the CIGNA HealthCare 24-Hour Health Information LineSM. Speak to a registered nurse when you call the toll-free number 1.800.CIGNA24.

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