

# LEHB Healthy Beginnings

A complementary program for expectant mothers

\*+Expectant mothers who enroll in the LEHB Healthy Beginnings program will receive the following:

- Reimbursement for their first OB office visit copayment
- Blood Pressure Cuff
- Pregnancy Resource Information
- Expectant/New Mom support group
- Customized fitness training
- Healthy cooking demonstrations



After completion of the program, LEHB Health Beginnings participants will receive a \$50 Amazon gift card and access to the LEHB Health and Wellness Center for one-year post-partum.



**Join LEHB Healthy Beginnings today.**

To join LEHB Healthy Beginnings, please call LEHB at 215-763-8290.



**Law Enforcement Health Benefits, Inc.**

2233 Spring Garden Street | Philadelphia, PA 19130  
215-763-8290 | [www.lehb.org](http://www.lehb.org)

*\*Participants must be actively enrolled in the LEHB Personal Choice plan.*

*\*Must be an active participant in the Independence Baby BluePrints® program plan.*