

# Congratulations! You're pregnant, there's a lot to learn.



## RESOURCE ROADMAP | FOR COVERED MEMBERS OF THE MCUL TRUST

### Take Control's Maternal Health Coaching Program provides support, guidance, and peace of mind during one of life's biggest changes.

Your employee health benefits include access to customized guidance during pregnancy when new information can be overwhelming, and after your baby's birth when there are so many questions to be answered.

Our maternal team is made up of coaches who work as dietitians, lactation consultants, and exercise specialists. They are not only professionals, but are also moms who know how valuable support is during this busy time.

For women diagnosed with gestational diabetes, we have a Certified Diabetes Educator on our team for specialized counseling.



**800.746.2900**

**info@TakeControlMT.com**

#### Does your credit union carry Metlife Short-Term Disability?

*If so, you may be covered while on maternity leave. If you are unsure, contact your HR department or [mar@mcun.coop](mailto:mar@mcun.coop).*

*Please note, claims need to be filed in a timely manner.*



### The benefits of Take Control's Maternal Health Program focus on physical and emotional health:

1. Ten helpful coaching sessions by phone with a flexible schedule.
2. A supportive environment to talk honestly and openly about concerns or worries.
3. Easy access to coaches to address any questions that arise.
4. Realistic nutrition and exercise tips that work for your busy life.
5. Postpartum depression screening and referrals as needed.
6. Guidance with breastfeeding, including support with pumping and transitioning back to work.