



# Pregnancy support in-between appointments.



## TRACK HEALTH

Stay on top of what's normal in pregnancy.



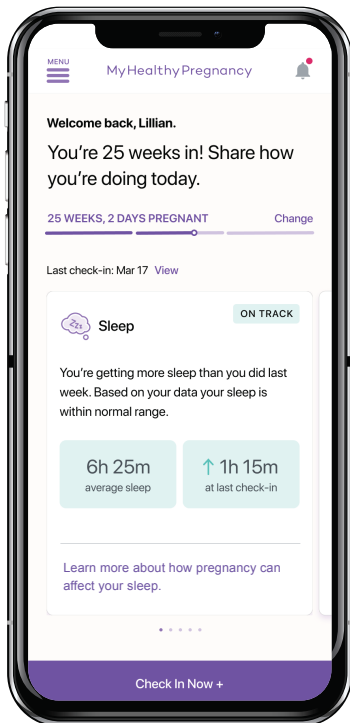
## STAY INFORMED

Learn about your body & baby's development.



## GET SUPPORT

Discover personalized resources, just for you.



### Prescribed by Your Doctor

If you are part of UPMC, your doctor or midwife will prescribe MyHealthyPregnancy (MHP) as part of your prenatal care.

### Pregnancy Support at Home

You'll get information, resources, and next steps that can help understand health risks.

### 100% Doctor-Approved

Trustworthy medical information about you and your baby.

### Your Data is Secure

Your health data will be accessible to your doctor or midwife during appointments.

### Made by Mothers, for Mothers

MHP is built with the belief that women have a hand in their own maternal health and wellbeing, sign up and start today.



## Get Started Now

Read the instructions on the back of this flier for how to get the app. →

Have feedback? Email us at [service@naimahealth.com](mailto:service@naimahealth.com)



## HOW TO USE

# MyHealthyPregnancy

1	<b>CHECK FOR A TEXT FROM UPMC</b> You will get a text message to download the MyHealthyPregnancy (MHP) app. The app is prescription-only, so you must follow the link provided in order to successfully log in.
2	<b>REGISTER &amp; DOWNLOAD THE APP</b> Click the text message link to register. Create an account password, and follow the instructions to download the MHP app.
3	<b>LOG IN</b> Open the app on your phone and log in using your mobile phone number and new password.
4	<b>PROVIDER NUMBER</b> In the app set-up, you'll be asked for your provider's phone number:  _ _ _ - _ _ - _ _ _
5	<b>AGREE TO TERMS &amp; CONDITIONS</b> Review the patient authorizations that appear when you open the app.
6	<b>EXPLORE THE APP</b> MyHealthyPregnancy uses your health information to serve up information about your symptoms, weekly progress, upcoming appointments, and local resources.
7	<b>COMPLETE CHECK-INS</b> Check-in and share how you're feeling on the home dashboard at least once a week. MyHealthyPregnancy will use this information when serving up information and resources just for you.

**MyHealthyPregnancy** is a collaboration of UPMC and Naima Health. UPMC has financial interest in Naima Health, which includes, among other things, the holding of a convertible promissory note of Naima Health (which may or may not convert into equity of Naima Health).