

Twice as nice: Maternity management helps the second time around



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A MATERNITY MANAGEMENT STORY

Feelings of excitement, nervousness, stress and happiness – these are all the feelings a woman experiences when she learns she’s pregnant, right? Well, it’s no different when learning you’re pregnant for the second time either, at least according to Kippy Day, soon-to-be mother of two.

Kippy first enrolled in the Nationwide Better HealthSM maternity management program, FutureFootsteps[®], through her health insurance. She enjoyed the program so much during her first pregnancy that when it was offered to her the second time she gladly accepted the invitation.

“As a first-time mom, the FutureFootsteps program was a wonderful experience, and as a second-time mom it’s just as wonderful,” said Kippy. “Life gets busy, and as a second-time mom, I loved that your company reached out to me to re-join the maternity management program. I couldn’t wait to have this experience again with Nationwide Better Health.”

Kippy is fortunate to have the same nurse health coach, Ruth Williams, the second time around. “I wouldn’t have wanted to go through the experience the second time with anyone else but Ruth,” Kippy said. “Ruth is like a girlfriend to me. I can always count on her and know that she’s always there for me and my baby.”

Going through the program the first time made Kippy more relaxed throughout her pregnancy. She knew Ruth was only a phone call away and much more accessible than her doctors. If she had a question she wanted answered right away, she called Ruth first. “Ruth knew the answers to my questions, whereas if I called my doctors they might not get back to me until the next day.” And Ruth let Kippy know that she wasn’t alone. “Almost all first-time moms have the same questions and concerns. It’s normal, and I’m there to tell them so,” said Ruth.

Before Kippy had her first child, she worked as a real estate agent. She and her husband agreed she would stop working outside the home and be a full-time, stay-at-home mom once their daughter was born. Ruth helped ease that transition for Kippy. She answered questions Kippy had, addressed her concerns about the transition and her anxiety about the loss of income while helping her adjust to the transition from working to being home with a newborn. “By the end of my pregnancy, I was very happy about the decision to stay at home full-time. Ruth helped me with that,” Kippy said.

Kippy is 20 weeks into her second pregnancy and still enjoying the maternity management program as much as she did the first time. “Ruth listens, she’s compassionate and most importantly, very knowledgeable.”

The second pregnancy introduced different fears and concerns for Kippy; such as how her first daughter will accept the new baby, how she can ensure her daughter still feels loved when the new baby is born, and how she can make her a part of this experience. These are all questions Ruth has helped Kippy answer.

“Even becoming a second-time mom, I still talk to my maternity nurse as often as I did the first-time,” Kippy said. “I would recommend the Nationwide Better Health maternity management program to all pregnant women, even if it’s not their first pregnancy.”

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-Kippy Day