



## FROM PREPARING TO POSTPARTUM

**Bump to Baby** is a LIVESMART campaign designed to support ONI affiliate employees and family members through the journey of pregnancy and postpartum. Provided at no charge, this campaign connects you with a LIVESMART Health Coach who will guide you through preparing your body for pregnancy, managing the ups and downs of each trimester, and adjusting to life as a new parent.

### Program Features

- **Pre-Conception Wellness:** Learn how to optimize your health and prepare your body for a healthy pregnancy.
- **Trimester-by-Trimester Support:** Get expert guidance on nutrition, fitness, mental health, and self-care throughout your pregnancy.
- **Postpartum Care:** Access resources to support recovery, breastfeeding, and emotional well-being after birth.

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#### ENROLL

Sign up for this campaign with a LIVESMART Health Coach or online

2

#### ENGAGE

Receive educational materials and personalized lifestyle recommendations over 4-6 sessions with a health coach.

3

#### EXPERIENCE

Embark on this exciting journey knowing that you have the guidance and support to stay healthy and well-prepared for the arrival of your little one!