

Healthy Babies, Healthy Business

A Free Gift is a Click Away

So your due date is drawing near. You've read the books, and you know what to expect up to this point. You have baby-proofed your home, assembled the rocker and the crib, and you're feeling pretty confident. You have planned maternity leave and worked through some healthcare and insurance concerns with your employer to be extra ready for that special day. Did you know

there are many resources that can keep you on the right track for you and your baby's future together? The March of Dimes, along with Northside Hospital and their affiliates, wants to help you through this journey with some extra tools to inform, educate, and empower you along the way. More than two million women in the workforce have babies each year. That's why the March of Dimes created a free wellness worksite: Healthy Babies, Healthy Business. It's just what the doctor ordered when it comes to helping companies improve employee health and the health of the company's bottom line. **Get your free Healthy Babies, Healthy Business at marchofdimes.com/hbhb.** The site provides e-mail access to March of Dimes healthcare specialists, a supportive online community for families of premature or sick babies, printed materials on newborn care and other topics, as well as an interactive section, My Nine Months, which provides information you need before you're pregnant and during your pregnancy.

Sponsored by



NORTHSIDE HOSPITAL

NORTHSIDE HOSPITAL FACT:

WHY BABIES NEED THEIR NINE MONTHS

If your pregnancy is healthy, it's best if your baby is born at forty weeks. In the last six weeks of pregnancy, your baby's brain adds connections needed for balance, coordination, learning, and social functioning. During this time, the size of your baby's brain almost doubles.

Before you know it your new baby will be off to college and on her way to her own promising future. Now that you have considered all the possible ways and tools available to help ensure your baby's bright tomorrow, there will be more time for you and she to spend snuggling and sharing those special moments. And the March of Dimes truly lives for every possible snuggle moment for every baby!

MARCH FOR BABIES

The March of Dimes is committed to providing all babies with every possible beginning to ensure that brighter tomorrow. But we cannot do it alone. Join Northside Hospital at the March of Dimes annual March for Babies event taking place in metro Atlanta and throughout Georgia beginning in late March. Families that participate in the event directly contribute to the ultimate goal of giving every baby a healthy start. And employees who participate with their company team experience a special camaraderie, sense of accomplishment, and enhanced morale.

You can sign up at marchforbabies.org as individuals or teams to help raise money to support the future of every baby.

Source: marchofdimes.com and U.S. Census Bureau, Current Population Survey June 2004