



# ARE YOU ALL PREPPED AND READY FOR PREGNANCY?



## IF NOT, DON'T WORRY!

OMSMAF is here to help you stress less and enjoy more with a few helpful pregnancy pointers. If you're hoping to conceive sometime soon, there's a lot you can do to take the pressure off, such as a pre-conception visit to your healthcare provider to discuss any chronic conditions you may have, medications management, vaccines you might need, genetic healthcare concerns and anything else you may wish to talk about. There are also loads of small but effective lifestyle changes that you can make to help yourself have a healthy and happy pregnancy.

OMSMAF is here to help you along the way with great benefits, such as a tailored nutrition plan and our unlimited psychosocial counselling line. Check out the latest mail sent to your inbox or call 0860 100 076 and follow the prompts for more info.

## Chat soon!