



Defence
Health



MyBaby

Support Program

Extra care for
mums, dads
and babies

Issued April 2019

Our commitment to your family

Pregnancy is an exciting time. Whether it's your first or fifth, your health and that of your little one is our concern too.

That's why we offer MyBaby for extra care during your pregnancy, your baby's birth and beyond.

It's a program structured on expert advice, tailored content and resources, as well as practical ante and postnatal support.

Standard program features

Choose the features that suit you:

- ▶ 12-month subscription to leading antenatal and early parenting portal, Nourish. Available at no cost to ADF and ex-serving members and discounted for all other members
- ▶ Tailored web, blog and brochure information
- ▶ Free paediatric first aid eBook.

More for ADF members

If you're on the ADF Total Package Gold we have even more support for you.

You can access a range of maternity support phone-coaching programs. And there's something for your partner too, with help to adjust to the emotional and physical changes when a little one joins the family.

Nourish online portal

Online antenatal and postnatal learning provider, Nourish, covers all aspects of the maternity journey.

Nourish offers you an integrated and highly interactive learning format.

- ▶ Modules include video, audio and written content from health and wellbeing experts
- ▶ Courses cover antenatal and postnatal health and fitness, labour and birth preparation, breastfeeding and infant sleep
- ▶ Parent videos complement content with personal experiences of pregnancy, birth and early parenting.

First aid eBook

A life. A finger. A pea up a nose. Written by a paediatric emergency nurse with a Master of Clinical Practice, this is a practical, step-by-step guide to first aid for babies and children. The eBook is available at no cost to Defence Health members.

The eBook is distributed by CPR Kids Pty Ltd.



ADF Total Package Gold – coaching support

Members on the ADF Total Package Gold can access a range of maternity support phone-coaching programs provided by Remedy Healthcare to assist you during pregnancy and after the birth of your baby.

The programs offered include:

- High risk pregnancy support for gestational diabetes
 - Experienced diabetes support clinicians will be available during your pregnancy as well as after your baby's birth
- Assistance with sleep and settling
 - Telephone support in establishing a routine and getting your baby to sleep
- Assistance with feeding
 - Coaching to support breastfeeding and the introduction of solids to your baby's diet
- Support for partners and your relationship
 - Your partner will receive coaching support to adjust to the physical and emotional changes before and after baby's arrival.

In each program your qualified maternity support clinician is available to offer you guidance, encouragement and practical support.

The program is based on the Australian Clinical Practice Guidelines and an advisory panel of medical specialists which complements the care of your doctor.

Contact Us



Phone

1800 335 425

Monday to Thursday
8:30 am to 8:00 pm AEDT/AEST

Friday

8:30 am to 6:00 pm AEDT/AEST



Web

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/DefenceHealth



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Register for MyBaby
at defencehealth.com.au/mybaby
or call us on 1800 335 425



If you have the ADF Total Package Gold and would like to participate in the maternity support coaching program please give us a call.

MyBaby is just another way we care for the Defence community. Because your family is part of our family too.

