

KindBaby



The KindBaby Program is provided by Kindbody and connects parents-to-be with a personalized care team. You have access to your designated care navigator along with registered nurses, certified coaches and support team who are experienced in prenatal and postpartum care along with trimester specific downloadable content and videos.

Our Services

With a goal to minimize high risk pregnancies, Kindbody provides holistic coaching, tools & resources, counseling, and bridges the gap of support to an expecting parent's elected OB clinical team.

- Finding the right OB
- Prenatal nutrition
- Postpartum nutrition
- Maternity guide
- Early pregnancy
- Staying active
- Birth planning
- Emotional health
- Morning sickness
- Pregnancy yoga
- Lactation 101

Kindbody navigator

Connect with dedicated Kindbody navigator via secure messaging or phone to establish next steps

My journey dashboard

Guides member through each milestone with access to schedule virtual sessions with our integrated network.

Pregnancy Calculator

Through the pregnancy calculator, patients will be able to access and answer a pregnancy risk assessment form.

Earn an incentive

All benefits eligible US employees and their spouses/domestic partners are eligible to participate in the program and earn an additional 6 weeks of Parental Time Off by completing the program.*

**You must be eligible at the time the incentive is provided.*

Get Started

- 1 After **January 1, 2025**, head to kindbody.com/activate and create your Kindbody account using any email address or contact a patient care navigator today at 877-496-4283 x option 3.
- 2 Confirm eligibility by entering your access code and your unique ID. Your access code is **KINDMDT** Your unique ID is your employee ID; for your spouse, the unique ID is the employee ID+ 'S'. Example: if the employee unique ID is 1234, then the spouse Unique ID is 1234S.
- 3 Book your virtual visit and **start your Kindbody journey!**