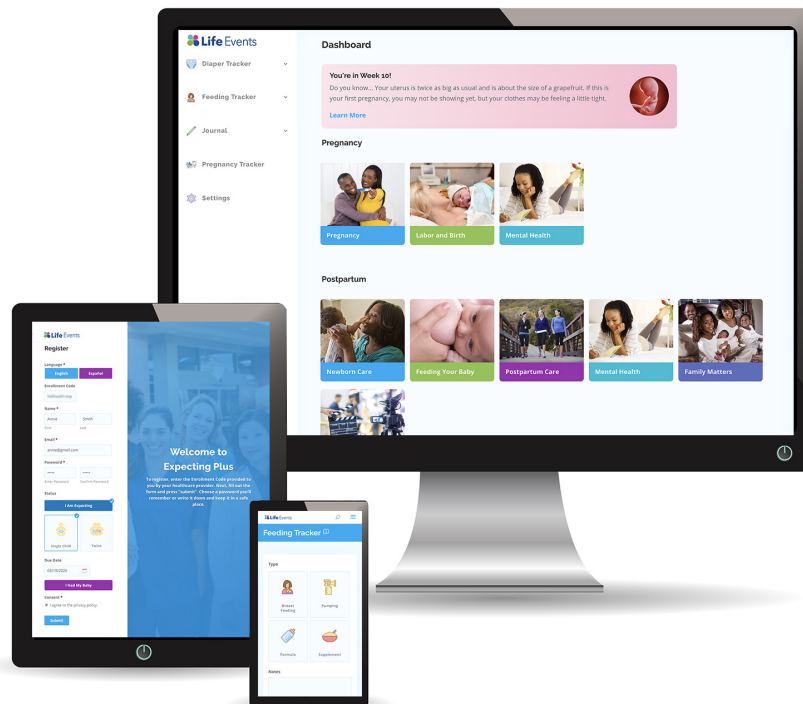
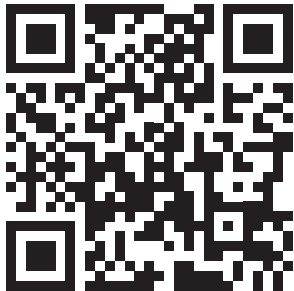


Expecting

Learn anywhere,
anytime,
from any device.



Anytime, Anywhere, All-in-one Resource Prenatal and Newborn Education

We are excited to provide you with Expecting Plus, a program designed to provide convenient access to information and tools to support you throughout pregnancy and into parenthood.

Expecting Plus provides evidence-based topics including:

- Pregnancy
- Labor and Birth
- Breastfeeding
- Postpartum
- Newborn Care
- Health and Safety
- Family Matters
- How-to Videos

You'll also have access to:

- 40-weeks pregnancy tracker
- Journal
- Diaper tracker
- Feeding tracker
- Links to resources you can trust

How to Register

Go to: **www.ExpectingPlus.com**

Enrollment code: **GREATPLAINS-EXP**

- Enter your enrollment code and fill out the form.
- Choose a password you will remember or write it down and keep in a safe place.
- Bookmark expectingplus.com for quick and easy access to your account.
- Login from a phone, tablet, or computer.
- Visit often and learn at your own pace.
- Use the search feature to find answers to your questions.

If you have any questions or concerns about your health or your baby's health, contact your healthcare provider. If you have a life-threatening emergency, call 911 or go to the nearest emergency department.