OUR LOCATIONS

Marshall Medical Center North

Arab

Guntersville

Albertville

Marshall Medical Center South

Boaz

Baby, Oh Baby!

If you have questions about Baby, Oh, Baby! please call:

256.571.8023

kami.mitchell@mmcenters.com
mmcenters.com/Baby-Oh-Baby

All Marshall Medical facilities are located on tobacco-free campuses. Thank you for respecting the health of others.

Marshall Medical Centers
Health System

Visit us at: mmcenters.com

MMC105 3/25/15C

Sign up now for the Baby, Oh Baby! program.

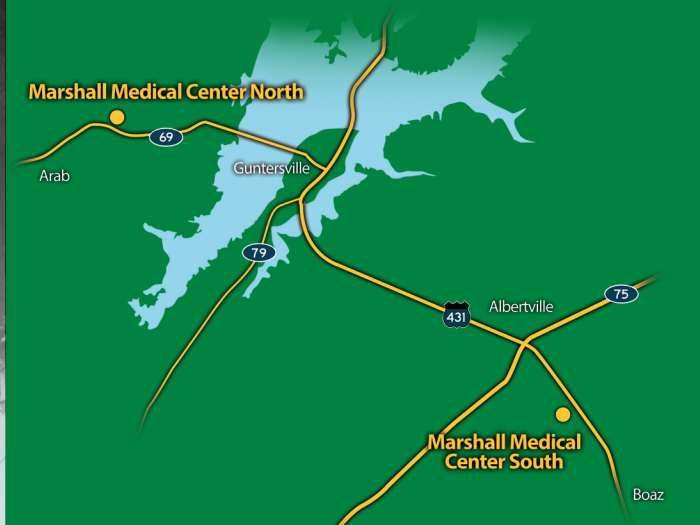**Step 1:** **Scan the QR code and register with YoMingo®.**
YoMingo is a learning, instruction, and management platform that provides tools and support for every stage of your maternity journey from prenatal to postpartum.

Step 2: **Get the YoMingo® App.**
Once you are registered, you will receive a confirmation email with instructions for getting the app for your iPhone or Andriod device. The app allows patients to access educational and informational content as distributed by their healthcare provider.

Baby, Oh Baby!

Marshall Medical Centers
Health System

Give your newborn the right start with our Baby, Oh Baby! program.

Marshall Medical's Baby, Oh Baby! program offers comprehensive benefits for expecting moms. They range from online classes to help you prepare for your baby to a special post-delivery dinner for mom and a family member or friend. Whether you're having your first child or adding a new member to your growing family, Baby, Oh Baby! is a great way to make the most of this important time.

Wrap up your delivery with our complete childbirth package.

- **One-On-One Lactation Consultant**

- **Online Childbirth Classes**
  Available through YoMingo

- **Private Nutrition Consultations**
  If requested by your OB physician

- **Special Meal For Mom And A Family Member Or Friend.**
  One guest tray can be requested for Mom's helper

Online Childbirth Classes

Available through the YoMingo app – new parents learn about swaddling and safe sleep for your baby. A tour of the OB unit is included. Call to sign up at Marshall North (256) 571-8263 or Marshall South (256) 840-3465.

Baby, Oh Baby!

Our Newborn Pediatric Hospitalist Team is on-call 24/7 for those situations that require special diagnosis and treatment. While most newborns are healthy, our in-hospital newborn pediatric team allows most cases to be addressed locally to avoid transfer to a neonatal ICU.

Marshall Medical has 10 Labor, Delivery, Recovery and Postpartum rooms, as well as a caesarean section suite. All labor and delivery nurses are certified in Neonatal Resuscitation Program, Basic Life Support and Advanced Cardiac Life Support. They are skilled in antepartum, intrapartum, postpartum, gynecological surgical care and level one nursery care.

Free membership to Marshall Wellness is another great benefit of Baby, Oh Baby! A key part of being a healthy and active woman is getting the right exercise, before and after delivery. That's why Baby, Oh Baby! members receive a free 9-month membership to Marshall Wellness Center

(with access to either location at Marshall North or South). Whether it is during your pregnancy or after you have given birth, Marshall Wellness Centers are here to help you meet your fitness goals.

Benefits from exercise during pregnancy:

- Helps reduce backaches, constipation, bloating and swelling
- May help prevent or treat gestational diabetes
- Increases your energy
- Improves your mood
- Improves your posture
- Promotes muscle tone, strength and endurance
- Helps you sleep better
- Helps keep you fit during pregnancy and may help you cope with labor
- Helps you get back into shape once baby is born

Benefits of exercise for postpartum women:

- Helps strengthen and tone abdominal muscles
- Boosts energy
- May be useful in preventing postpartum depression
- Promotes better sleep
- Relieves stress
- Along with a healthy diet will promote weight loss

Great vendor discounts, another Baby, Oh Baby! benefit.

Marshall Medical has partnered with several businesses located within the county to make special deals on purchases available to Baby, Oh Baby! members when they show their vendor discount card to participating retailers and restaurants.

The discount cards will be mailed out as soon as you sign up with YoMingo.