

Delfina can help you keep track of your health and learn about your pregnancy. If something doesn't seem right, you'll know when to call your doctor sooner.

Delfina is a virtual program that provides personalized support for you in the moments that matter between your appointments.

- Keep track of your pregnancy and health
- Get help from your own Delfina Doula
- Take virtual classes like yoga, feeding your baby, looking after your baby!
- Talk to someone about how you feel and get help with healthier food choices
- Earn Pod Points to swap for gift cards, diapers, and more

Follow these easy steps to get started with Delfina and earn your first rewards!



DELFINA

Intelligent pregnancy care for all.

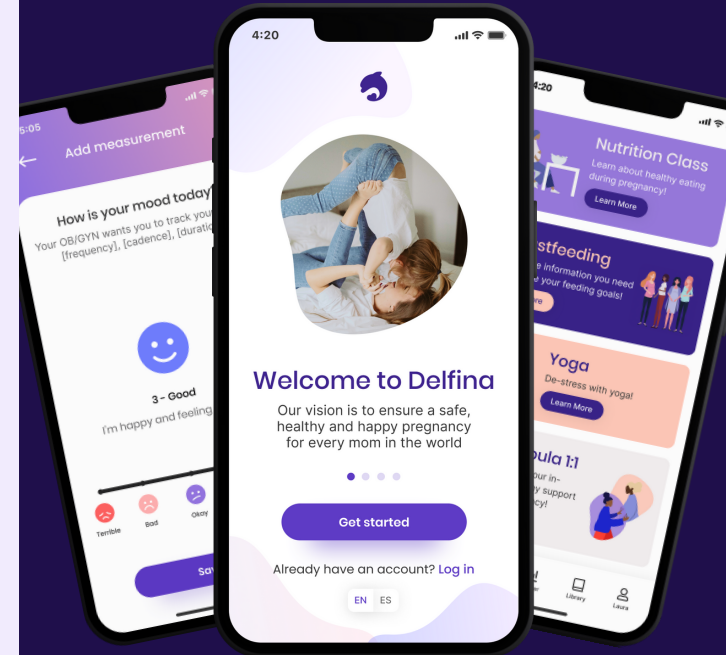


Scan here to download the Delfina app. **It's free** and easy to get started!

i Need help?

Call South Country Member Services toll-free with questions:
1-866-567-7242

Contact Delfina at
support@delfina.com
or text **1-870-Delfina**



Welcome to Delfina Care with South Country Health Alliance

STEP 1

Download the Delfina app to your smartphone —it's free!



Scan me!

STEP 2

Log in and set up your profile.

STEP 3

Confirm your address via the homepage to receive your **free** weight scale.

STEP 4

Enter your weight and mood.

STEP 5

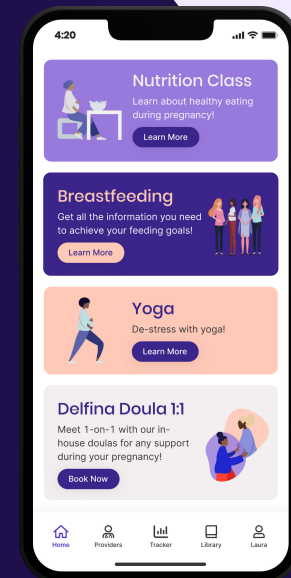
Schedule your first Delfina Doula appointment —it's free!

STEP 6

Sign up for your first class!

We offer:

- nutrition
- baby care
- breastfeeding
- prenatal and postnatal yoga
- and more



Don't forget that your South Country public health nurses are part of your benefits. They can help you find resources and support in the community.

They can also see how you're doing with Delfina to check on you and your pregnancy.