Empowering safer pregnancies

Today, there is an unprecedented maternal health crisis in the United States with women 50 percent more likely to die in childbirth than their mothers were.1

Supporting the health of our members during every stage of their journey is at the heart of everything we do. Through the Aetna Maternity Program, we are helping prevent preeclampsia, a serious pregnancy-related condition, by educating at-risk women about the benefits of low-dose aspirin.

Amidst the COVID-19 landscape, pregnant women may be attending fewer in-person prenatal care visits and in turn be at higher risk for developing complications that go undetected.

Understanding preeclampsia

Preeclampsia is a condition related to high blood pressure during pregnancy and is a leading cause of maternal and infant illness and death.2

High-risk factors:
- Prior history of preeclampsia
- Gestational high blood pressure
- Type 2 Type 2 diabetes
- Twin, triplet, or other multiple pregnancies
- Kidney disease
- Autoimmune disorders

Moderate-risk factors:
- First pregnancy
- Gastroparesis
- Family and/or personal history
- Being a Black woman
- Over age 35
- Current or recent hypertension

Prevalence of preeclampsia
- 20% of all pregnant women and 1 in 20 births are associated with preeclampsia.
- 4x greater risk for preeclampsia to develop hypertension later in life.
- 3x more likely for Black women to have pregnancy-related conditions, including preeclampsia, than Caucasian women.

Who’s at Risk?

While the cause of preeclampsia is still unknown, understanding risk factors can help parents reduce their chances of developing the condition. Women identified as high-risk for preeclampsia have one or more high-risk factors, or two or more moderate-risk factors.

Delivering care from the heart

We’re taking charge to educate our members and pregnant caregivers, with a specific focus on preeclampsia.

Sending high-risk members a kit with low-dose aspirin and taking it at home

Sending high-risk members a kit with low-dose aspirin and providing it courtesy of the Society for Maternal-Fetal Medicine.

Encouraging program members to ask their doctor if low-dose aspirin is right for them.

Prenatal care kit

What’s included:
- CVS Health low-dose aspirin, 81 mg (200 st)
- In-heat through the completion of pregnancy
- Appointment reminder card
- Prenatal education booklet
- Greeting card with information about the Aetna Maternity Program.

Check with your doctor.

Before taking low-dose aspirin during your pregnancy, talk to your doctor to learn if it is the right option for you.

5. *Recommended by the American College of Obstetricians and Gynecologists, American Academy of Family Physicians and the Society for Maternal-Fetal Medicine. Note: Pregnant women should always consult with their doctor before starting an aspirin regimen.