



In a world of one-size-fits-all healthcare, we're giving women's health the special attention it deserves.



HealthyHer is a program dedicated to women's health and wellness.

At Marshall Medical, we're committed to women's health in a big way.

HealthyHer is a free program designed to give females in our community the focused care and attention they deserve. For moms-to-be there's Baby, Oh Baby!. For pre-teens there's SmartStart. And for all members great discounts from participating retailers and restaurants add to the benefits.



SmartStart

A program designed to benefit pre-teens facing puberty, this component of HealthyHer features a health-education outreach for this critical age.

- Puberty education from a medical professional
- Fitness and personal training
- Appropriate skin care
- Healthy self-image development
- SmartStart program for boys on becoming a man led by a medical professional

Each student is given a comprehensive book to continue the conversation at home with a parent.

OUR LOCATIONS



Marshall North
40 Medical Park Drive • Guntersville, AL 35976
256-571-8023
256-753-8023 for Arab area residents

Marshall South
2505 US Highway 431 • Boaz, AL 35950
256-840-3393
www.mmcenters.com/healthyher



Visit us at mmcenters.com

MMC195 12.23

 An Affiliate of Huntsville Hospital Health System



Baby, Oh Baby!

The free moms-to-be program with all the right extras.

As part of HealthyHer from Marshall Medical, Baby, Oh Baby! 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 dad. 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. Ask your physician to register you for this free program.

Wrap up your delivery with our complete childbirth package.

- **3D/4D Ultrasound**
(details provided by your OB physician)
- **One-On-One Lactation Consultant**
contact Marshall Medical North (256) 571-8263
- **Online Childbirth Classes**
(details provided by your OB physician)
- **Private Nutrition Consultations**
(if requested by your OB physician)
- **Special Meal For Mom And Dad**
One guest tray can be requested for Mom's helper

Online Childbirth Classes
New parents learn about swaddling and safe sleep for your baby. A tour of the OB unit is included. A welcome packet is provided by your physician. Call to sign up at Marshall North (256) 571-8263 or Marshall South (256) 840-3465.

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 pediatric team is on-call for those situations that require special diagnosis and treatment. With our newborn pediatric team, most cases can be addressed locally to avoid transfer to a neonatal ICU.

Marshall Medical has 10 Labor, Delivery, Recovery and Postpartum rooms, as well as a cesarean 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. Every HealthyHer participant will receive a free 9-month gym membership. When you turn in your HealthyHer application at your physician's office you will be given a letter of referral.

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
- Regular activity keeps 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 HealthyHer benefit.

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

*These members-only discounts are just for you!
Partners and discounts can be found at
www.mmcenters.com/healthyher.*



Sign Up Today for HealthyHer!

Just complete the form below and give it to a staff member at your physician's office. You will be enrolled in the program immediately and they will issue you a HealthyHer membership card. Sign up today, and start enjoying the healthy benefits you deserve.

Name *(Please print name clearly)*

Address

City State Zip

Phone

Email

Age Range: ☐ up to 18 ☐ 19-35 ☐ 36-49 ☐ 50+

For Office Use Only:

Physician Initials

**Questions? Just call us at
256-571-8023**

256-753-8023 for Arab area residents
or email healthyher@mmcenters.com

