The MedMutual Maternity App

Resources to help you prepare for baby's arrival

If a new baby is on the way, the MedMutual Maternity app can help you manage your health journey with articles, tips and to-do lists that will keep you on track. Plus, easily connect with Medical Mutual resources with just one click.

MedMutual Maternity App Features and Benefits

- Week-by-week updates during your pregnancy
- Daily tips and affirmations
- A tool to look up symptoms and issues
- Screening for high-risk pregnancy and support from our clinical team
- Due date and weight gain calculators
- Baby Boost relaxation tool
- Feeding and diaper tracker
- Developmental milestones from birth to age 2
- Health profiles for the whole family
- Articles about health and wellness
- Content available in Spanish
- An integrated AI tool called "Ask Poppy" with chat capabilities to help answer your questions



Pregnancy Check-in Surveys

Upon enrollment, we encourage you to take a short survey so we can see if you are getting all the support you need. You will also have the opportunity to check in with us throughout your pregnancy by taking an additional survey as often as you like.

Click to download the app today. You can also search MedMutual Maternity on the App Store® or Google Play®. Once you download the app, it's simple to create an account using your Medical Mutual member ID number and date of birth.

Click here to view the app demo video.

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