

# Maternal and Child Health:

## *The Interconnected Mind, Body, and Spirit*

A healthy pregnancy is impacted by more than just physical well-being. While that certainly benefits mom and baby, a woman's thoughts, feelings, beliefs, and mindset greatly impact biological functioning during and after pregnancy. Research shows that supporting the physical, emotional, and mental health of pregnant women has a positive impact on their prenatal and postpartum experiences.



In collaboration with the Center for BrainHealth® at The University of Texas at Dallas, GoMo Health delivers the *BrainHealth Personal Concierge* program for individuals and families. This is a clinically integrated program that guides people cognitively and behaviorally through their healthcare journey, identifying the specific areas where nurturing is needed through continuous real-time personalized feedback on individual challenges, needs, and stressors.



To learn more about our mind-body solutions for maternal and child health, visit:  
[gomohealth.com/maternal-child-health](https://gomohealth.com/maternal-child-health)

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