

# Shaping Healthier Futures: 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.



Introducing EarlyCare™ by GoMo Health. This turnkey engagement program empowers parents to navigate pregnancy and childbirth journeys confidently. It delivers real-time support and guidance, focused on holistic wellness, for at-risk families when and where they need through real-time personalized feedback on individual challenges, needs and stressors.



GOMOHEALTH®

EarlyCare™

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