



Holistic Maternal Health and Wellness Platform

Designed by mothers for mothers, Happy Mama supports the tender moments of motherhood, throughout the perinatal journey.

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Reach & Harman bring the best in technology to maternal health...

PRESS RELEASE

Your Journey is Our Priority



Pregnancy is
Dynamic



Grounded in
Science



Packed with
Resources and
Tools

No two pregnancies are alike. Your unique needs will change over time and pregnancy can be taxing.

For some expectant moms, this may mean managing weight, chronic diseases such as high blood pressure and diabetes, or depression. In other cases there may be temporary conditions such as gestational diabetes or gestational hypertension.

You

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GET STARTED

Happy Mama incorporates the care plans of the American Heart Association and educational materials from the American Medical Association.

Happy Mama is approved by members of the Society for Maternal Fetal Medicine and DONA International.

“Tennessee’s health professional shortage areas and generally poor health outcomes make for a dangerous

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PARTNERS

Happy Mama is a one-stop solution that supports your physical, mental, emotional, spiritual, and socio-economic needs.

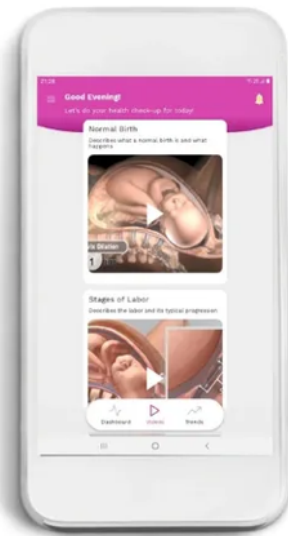
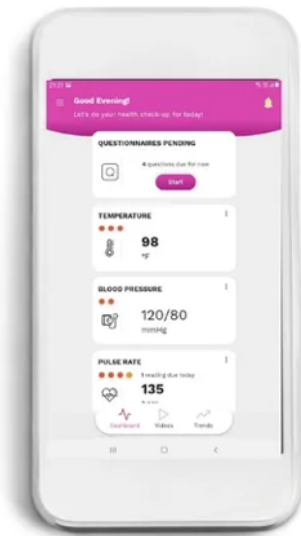
Our platform provides discounts on products and services, delivers live and pre-recorded programs, offers peer groups and access to coaches, specialists, and community services. All curated just for you ❤️

Happy Mama is desi

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By Mothers, For Mothers.



Chronic and Acute Disease Management
Mental Health & Wellness
Weight Management
Maternal Health Education
Lactation Support Services
Postpartum Depression Screening and Management
Postpartum Urinary Incontinence
Teleconsults
Community & Social Services
and More...

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Happy Mama

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