



*A Friendly Message for
Anyone in Your Household
Who May be Pregnant*



Tips for a Healthy Pregnancy and Birth

Prenatal Care

These are guidelines only. You should always follow your doctor's advice.

▶ Doctor's Visits

See your doctor at least once a month for the first 7 months, then twice in month 8, and weekly in month 9.

▶ Diet

Eat balanced meals rich in calcium, fiber, lean protein, and Vitamins A & C. This will give you the nutrients you and your baby need.

▶ Prenatal Vitamins

These often have more key nutrients than other multi-vitamins and are of great value during pregnancy. Vital are folic acid, which helps prevent birth defects; and iodine and iron, which support your baby's growth and development.

▶ Exercise

With your doctor's OK, routine exercise can be very helpful during pregnancy. It helps prevent backache, constipation and too much weight gain. It also lowers your risk for high blood sugar, makes labor easier, and means a quicker recovery.

▶ Lifestyle

Skip all alcohol and tobacco, and limit caffeine. Get plenty of sleep, and take frequent rest breaks throughout the day.

Delivery

Births by caesarean, or surgical delivery (C-section) have been on the rise. But many C-sections are not needed, and raise risks for health problems. If your doctor suggests it, be sure you know why, and know your choices and the risks involved.

▶ C-sections and Your Baby

A C-section often means a shorter pregnancy. But babies who are not carried to term are more likely to have issues like breathing problems or low birth weight.

▶ C-sections and You

Because of the incision, you have a higher risk for infection and blood loss. Scar tissue in the pelvic zone can cause pain and also lead to future pregnancy problems. You'll need a longer hospital stay and more healing time.

Newborn Doctor Visits

Your baby should have regular visits with a Primary Care Provider (PCP). The Academy of American Pediatrics recommends the schedule below. Fill in the dates of your baby's appointments.

Schedule of PCP Visits

- 3-5 days _____
- 1 month _____
- 2 months _____
- 4 months _____
- 6 months _____
- 9 months _____
- 12 months _____
- 15 months _____

To learn more about our Maternity Management Program, call Customer Service at 501.228.7111 or 800.235.7111. Ask to speak to a Care Manager.

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