



Listen to your body

You know your body best. Pay close attention to how you're feeling throughout your pregnancy. If something doesn't feel right, let your provider know. You may also want to talk with your provider about what things to look for that may signal the start of early labor.



Take care of yourself

Your body is working hard. Be sure you do the following to help keep you healthy and your baby growing strong.

- Eat a variety of healthy foods each day and limit foods high in sugar and fat
- Drink 6 to 8 glasses of water (more if it's hot)
- Take your daily prenatal vitamin
- Get plenty of rest
- Brush and floss your teeth at least once a day
- Limit caffeine intake to less than 200 mg (equal to two small cups of brewed coffee)
- Avoid harmful things like alcohol, tobacco, marijuana or other illegal drugs



Weight gain

Don't worry too much about gaining weight during your pregnancy. And don't diet or try to lose weight. Weight gain is a sign that your baby is growing normally. You can expect to gain about 25 to 35 pounds. If you have any questions or concerns about your weight, talk with your provider.

We care about you and your baby's health

Need help finding prenatal care or scheduling visits? Let us help connect you with the resources you need for both you and your baby.

Call toll-free **1-866-270-5785**, TTY **711**, 7 a.m.-7 p.m., Monday-Friday
myuhc.com/CommunityPlan

Healthy First Steps® | 1-800-599-5985



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We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY **711**, Monday through Friday, 7:00 a.m. to 7:00 p.m.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-270-5785**, TTY **711**.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電**1-866-270-5785**，TTY **711**。

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Healthy tips for your pregnancy



Your pregnancy journey

Congratulations! This is the start of an important journey. But you're not alone. We'll be with you every step of the way. Pregnancy is divided into three stages called trimesters. Each one is three months long. Here's a quick guide to what happens in each stage.



Trimester	What to Expect	Baby Development	Your Prenatal Care Provider Visits
 <p>Months 1–3</p>	<p>You can't see it, but your body is going through amazing changes. It's starting to nurture your growing baby. You might have nausea, mood swings, tiredness or heartburn.</p>	<p>Week 5: The brain, spinal cord, heart and other organs begin to form.</p> <p>Week 8: Fingers and toes begin to form.</p> <p>Week 12: Facial features can be seen. Fingernails develop.</p> <p>By the end of this stage, your baby may be 2½ inches long and may weigh about half an ounce.</p>	<ul style="list-style-type: none"> • After your first visit, you'll see your prenatal care provider every four weeks • You'll get a complete physical exam each time • You'll talk about your medical history. This information will help you and your baby get the best care • You'll work out your baby's due date • You'll learn about the importance of eating well, prenatal vitamins, exercising and other healthy lifestyle choices.
 <p>Months 4–6</p>	<p>Many women enjoy this stage most. The nausea has passed. And your baby isn't big enough to make you feel uncomfortable.</p>	<p>Week 14: It may be possible to tell your baby's sex.</p> <p>Week 20: You might start to feel your baby kick.</p> <p>Week 24: Hair begins to grow.</p> <p>By the end of this stage, he or she may be over 9 inches long and weigh more than 2 pounds.</p>	<ul style="list-style-type: none"> • You'll likely visit your prenatal care provider every four weeks • You'll have your blood pressure and weight checked • You'll have routine blood and urine tests. These will make sure you have good levels of sugar and iron • You'll be able to hear your baby's heartbeat. And you may get an ultrasound to see your baby's growth • In rare cases, the prenatal care provider may suggest testing for possible birth defects
 <p>Months 7–9</p>	<p>This is the stage with the fastest growth. Your baby may gain a half pound a week during the last month. You may feel tired and uncomfortable.</p>	<p>Week 28: Eyebrows and lashes are fully formed. Eyes begin to open.</p> <p>Week 29: Bones become fully developed.</p> <p>Weeks 37–40: Your baby is now full-term and may turn upside-down to get ready for birth.</p> <p>At birth, your baby may be over 14 inches long and weigh more than 7½ pounds.</p>	<ul style="list-style-type: none"> • You'll visit your prenatal care provider every two to three weeks. At 37 weeks, you'll visit once a week until your baby is born • Your prenatal care provider will check your baby's heartbeat and movements • You may get pelvic exams to check the baby's position • You'll learn what to do when labor starts. And you'll choose whether to breastfeed or bottle-feed • You'll find out about family planning choices and services for after your baby is born. Some options include getting your tubes tied (tubal ligation), birth control pills, condoms, IUD (intrauterine device) and implants
Birth	What to Expect	Baby Development	Mom's Checkup
 <p>Postpartum</p>	<p>The few weeks after birth is called postpartum. Your body changes a lot after you give birth. Some changes are physical and some are emotional. It's normal to feel some discomfort after. If you're worried about something, talk to your provider.</p>	<p>Your baby's checkups will be with a pediatrician. Talk to your provider about checkups and the immunizations that are right for your baby. Babies usually have six checkups by age 15 months. These start at 3 days, then 2 weeks, 2 months, 4 months and 6 months.</p>	<p>Your postpartum checkup should take place 7–84 days after giving birth to check on healing and recovery. It will be with a prenatal care provider or OB-GYN. This visit is important even for women who've had a baby before, or for those that feel OK.</p>