

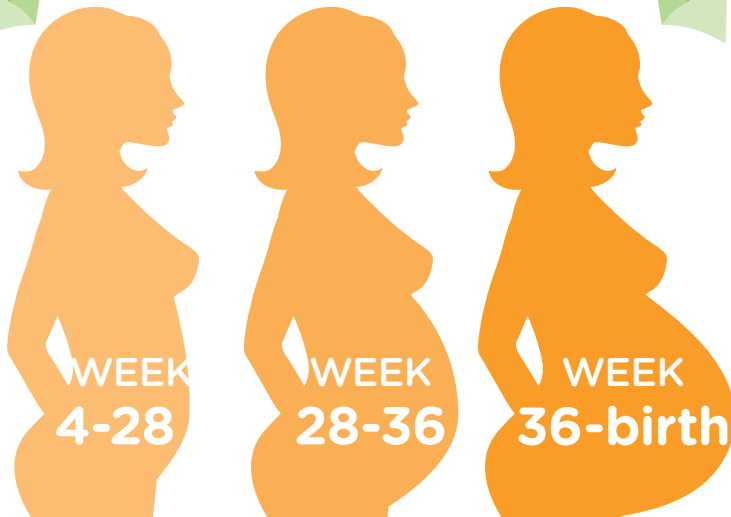
# HealthTips

Make Health Happen

## Prenatal care you and your doctor

**Prenatal care is health care during pregnancy.** It's an important way for you and your baby to stay healthy. Be sure to start your prenatal care as soon as you find out you're pregnant.

### PRENATAL CHECKUP SCHEDULE



#### Visit your doctor:

Once  
a month

Twice  
a month

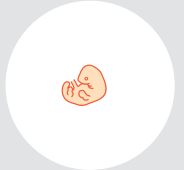
Every  
week

Your doctor may want to see you more often if you're older than 35 or have a high-risk pregnancy.

### Your baby's growth

#### First trimester – conception-12 weeks

- Organs develop.
- Heart begins to beat.
- Eyes, ears and nose begin to form.
- Hands, fingers and toes form.



#### Second trimester – 13-27 weeks

- Your baby can hear and swallow.
- You will probably have an ultrasound to check the baby's health. You may be able to find out your baby's gender!
- You can feel your baby moving.



#### Third trimester – 28 weeks-birth

- Your baby's eyes can open and close. They can sense changes in light.
- Your baby's kicks and jabs are strong.
- Your baby can practice breathing.



Your body will need lots of rest and healthy foods as your baby grows.



HEALTH PLAN

Helpful phone numbers for <Dell Children's Health Plan> members only  
Member Services or 24-hour Nurse HelpLine: <1-888-596-0268 (TTY 711)>  
<Monday through Friday 7 a.m. to 6 p.m. Central time>

<DellChildrensHealthPlan.com/members>

# HealthTips

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At your first prenatal visit, your doctor may:



Ask questions  
about your health



Do a  
physical exam



Run  
some tests



Tell you the baby's  
due date

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**It's normal to have questions. Don't be afraid to ask  
a lot of questions at your prenatal visits.**

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Call Member Services at <1-888-596-0268 (TTY 711)> to find out what rewards you could get for staying healthy, like attending your first prenatal care visit!

Source: Office on Women's Health, U.S. Department of Health and Human Services website: Prenatal care fact sheet: [www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.html](http://www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.html) (Accessed on May 15, 2018).