

HealthTips

Make Health Happen

Your 2nd trimester



Many women find the second trimester to be easier than the first.

Usually the worst of the nausea has passed. Your belly will grow, but usually your baby isn't big enough to make you uncomfortable yet. During this trimester, you'll start to feel your baby move! **You may also:**

- See your belly growing.
- Have body aches.
- Get patches of darker skin on your face.
- Notice stretch marks on your abdomen, breasts, thighs or buttocks.
- Have swelling in your ankles, hands or face.

How do you plan to...

... take care of yourself?

- I will see my primary care provider at least every four weeks.
- If I use tobacco, I will take steps to quit. And I'll try to avoid secondhand smoke.
- I will avoid alcohol, recreational drugs and medications not prescribed to me.
- I will eat a balanced diet.
- I will take the vitamins or other medicines my primary care provider prescribes.
- I will call my primary care provider if I have sudden swelling or gain a lot of weight really quickly. This could be a sign of a dangerous condition called preeclampsia.

... keep your baby healthy?

- I won't use alcohol, tobacco or drugs.
- I'll see my dentist for a checkup.
- I'll go to childbirth and breastfeeding classes.

Helpful phone numbers for Dell Children's Health Plan members only

Member Services: 1-888-596-0268 (TTY 711)

Monday through Friday from 7 a.m. to 6 p.m. Central time

24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

DellChildrensHealthPlan.com/members

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What else will you do to keep your baby healthy? You can write your answers here:

1. *Example: I will keep all of my primary care provider appointments.*



2.

3.

For some women, pregnancy can bring anxiety, stress or sadness. Hormone changes and life situations can sometimes lead to depression during pregnancy, called perinatal depression. If you have difficulty concentrating, aren't interested in doing things you usually enjoy, feel hopeless, or have any other symptoms of depression for more than two weeks, call your primary care provider.

If you are older than 35 or your pregnancy is high risk, your primary care provider may want to see you more often. Talk with your primary care provider about any special health needs you may have.



If you ever feel like you want to hurt your baby or yourself, call 911 or go to the emergency room right away.



We know questions about your pregnancy or your health can come up at any time. Dell Children's Health Plan members can call the 24-hour Nurse HelpLine at 1-888-596-0268 (TTY 711) to talk with experienced and helpful nurses, anytime of the day or night, 7 days a week.

Sources:

Office on Women's Health, U.S. Department of Health and Human Services, womenshealth.gov.
American Pregnancy Association, americanpregnancy.org.