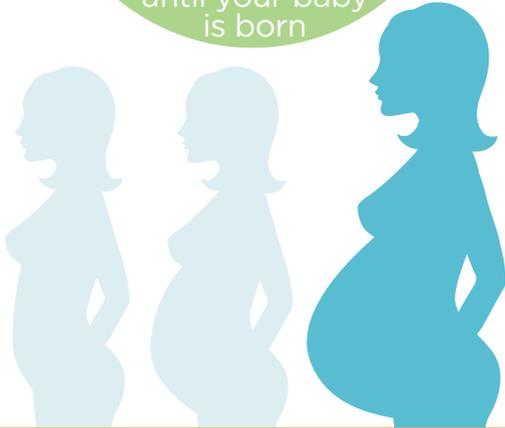


HealthTips

Make Health Happen

Your 3rd trimester



You're almost there! The last trimester of your pregnancy is an exciting time.

It can also feel overwhelming. Knowing what to expect can help you feel more comfortable in the months ahead. **Your baby is getting bigger now, and you may feel more pressure in your belly.**

You may also:

- Feel slightly short of breath.
- Feel your baby "drop," or get lower in your abdomen.
- Be constipated.
- Have to urinate (pee) a lot.

How do you plan to...

... take care of yourself?

- From week 28 to 36, I will see my primary care provider at least once every two weeks.
- From week 36 until the baby's born, I will see my primary care provider at least once a week.
- I'll eat foods that are high in fiber like fruits, vegetables, cereal and whole grain breads.
- I'll drink at least eight 8-ounce cups of water daily.
- I'll exercise 20-30 minutes three times a week. Staying in shape is healthy for me and my baby.

... keep your baby healthy?

- I'll get a whooping cough vaccine (Tdap) and a flu vaccine.
- I won't use alcohol, tobacco, meds not prescribed to me or drugs.
- I'll go to childbirth and breastfeeding classes if I haven't taken them yet.

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

TS-MEM-0560-19

HealthTips

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

1. *Example: I will take my prenatal vitamins.*

2. _____

3. _____



How will I know when it's time for labor?

Signs include:

- A burst of energy and wanting to cook, clean or organize — or “nesting.”
- Contractions that get stronger and closer together.
- Pain or cramping in the lower back that doesn't go away.
- Your water breaks.
- A bloody mucous discharge. This could be the mucous plug that blocks the cervix. Labor could start right away or within the next few days.

If you experience any of these, call your primary care provider or midwife even if your due date is weeks away.

If you're 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.



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, seven days a week.

Sources:

Office on Women's Health, U.S. Department of Health and Human Services, womenshealth.gov. (Accessed on February 6, 2019.)

American Pregnancy Association, americanpregnancy.org. (Accessed on February 6, 2019.)