

# HealthTips

Make Health Happen

**Prenatal care  
for you and  
your baby**

## Congratulations on your pregnancy!

While you're carrying your baby, you're caring for two. Everything you do now affects your baby, and there are things you can do to help your child grow strong and healthy.

### What can you do to take care of yourself while you're pregnant?



#### Prenatal care

As soon as you think you might be pregnant, go to the OB/GYN or your primary care provider.

Go to all scheduled visits with the OB/GYN or your primary care provider the entire time you're pregnant.

Get vaccines that your primary care provider recommends.

#### Eat well

Eat fresh fruits and vegetables, whole grains, low-fat dairy, and lean proteins.

Eat small meals often.

Make sure all meats, seafood and eggs you eat are cooked well-done.

#### Don't smoke, drink alcohol or do drugs

Any of these, including medical marijuana, may hurt your child.

Ask your primary care provider before taking any medications, including over-the-counter medications.

Any of these may cause your child to be born too soon, have heart or lung problems, or even cause them to die.

 **Caring for yourself now** can help give your baby a healthy start in life.

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](http://DellChildrensHealthPlan.com/members)

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dell children's  
HEALTH PLAN

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## More things that you can do to help keep yourself and your baby healthy and safe are:

- Take a daily prenatal vitamin with folic acid.
- Don't touch cat litter, and always wear gloves when gardening.
- Wear a seatbelt with a shoulder strap, and place the lap belt under your belly.
- Use a condom or dental dam if having sex with a new partner.
- Get plenty of rest.
- Limit caffeine.



## What questions do you have?

What more do you want to know about your health, your baby or what to expect while you're pregnant?

Write them down here and take this with you to your next appointment.



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Call the 24-hour Nurse HelpLine at **1-888-596-0268 (TTY 711)** 24 hours a day, seven days a week with any questions you may have.

Source:

Department of Health and Human Services website: *You're Pregnant: Now what?* <https://www.womenshealth.gov/pregnancy/youre-pregnant-now-what>. (Accessed on February 25, 2019.)