



Healthy First Steps®

We want you to be healthy and have a healthy baby. So even if you haven't been keeping all of your doctor's appointments, it's important to begin now even if it's not your first pregnancy.

Healthy First Steps® is a special program, for UnitedHealthcare Community Plan members, that helps you:

- Choose a doctor or nurse midwife.
- Schedule appointments and exams.
- Find transportation to the doctor.
- Choose a doctor (pediatrician) for your new baby.
- Get care after your baby is born.
- Connect with community resources.
- Get family planning information.

To learn more about the Healthy First Steps program from UnitedHealthcare Community Plan:



Call
1-800-599-5985



Or visit
myuhc.com/CommunityPlan
UHCCommunityPlan.com

Resources for you and baby

Baby Blocks

A UnitedHealthcare program that includes appointment reminders and rewards for pregnant members who complete recommended prenatal care. For information on how to enroll, visit **UHCBabyBlocks.com** or call **1-800-599-5985**.

Text4baby

A free service to remind you of important milestones throughout your pregnancy and your baby's first year of life. To sign up, simply text the word **BABY** to **511411** and use the participant code HFS.

Women, Infants, and Children (WIC)

A supplemental nutrition program for pregnant women, new mothers, infants, and children under age 5. **1-800-242-4942** | **mdwic.org**

To learn more about UnitedHealthcare Community Plan:



Call Member Services at
1-800-318-8821, TTY 711
Monday through Friday
8 a.m. to 7 p.m.



UnitedHealthcare works with the state of Maryland to help families and adults with limited incomes get health insurance. We offer health coverage to beneficiaries of Maryland's HealthChoice program. The HealthChoice program is a program of the Maryland Department of Health. Health plan coverage provided by UnitedHealthcare of the Mid-Atlantic, Inc.

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920-CST12936 7/17

Healthy Pregnancy:

Your guide to the first 6 months.





You're beginning an important journey.

Pregnancy is divided into three stages. Each is called a trimester because it's three months long. This brochure helps you understand what to expect in your first two trimesters.



The first trimester (months 1 to 3).

Your body is changing to nurture your growing baby. You may feel tired or have mood swings, heartburn or nausea. Your baby is developing:

- **Week 5:** Brain, spinal cord, heart and other organs.
- **Week 8:** Fingers and toes.
- **Week 12:** Facial features and fingernails.

At this point, your baby may be 2½ inches long and weigh ½ ounce.

After your first doctor's appointment, you'll go to the office every 4 to 6 weeks. Expect to:

- Get a complete physical exam.
- Talk through your medical history.
- Work out your baby's due date.
- Learn about eating right, exercise and the vitamins you should take.

Your second trimester (months 4 to 6).

Many women find this the most enjoyable trimester. The nausea has passed. Your baby isn't big enough yet to make you feel uncomfortable. Here's what's happening:

- **Week 14:** It may be possible to tell your baby's sex.
- **Week 20:** You may start to feel your baby kick.
- **Week 24:** Hair begins to grow on your baby's head.

Your baby may be over 9 inches long and weigh more than 2 pounds.

You'll probably visit the doctor once a month to:

- Get your blood pressure and weight checked.
- Have routine blood and urine tests for sugar and iron levels.
- Listen to your baby's heartbeat.
- Perhaps have an ultrasound to see your baby's growth.
- In rare cases, get added tests for possible birth defects.

Avoid things that may be harmful.

- **Medicines** should be checked with your doctor before taking them. Even store-bought medicines, like aspirin, or things you were taking before pregnancy.
- **Caffeine** may be a problem. Doctors don't know for sure, but caffeine may harm a developing baby. It's found in tea, coffee, some soft drinks and chocolate.
- **Smoking** can cause a miscarriage or stillbirth. Babies may be born too soon (premature) and be too small. Even second-hand smoke may be unsafe.
- **Alcohol** can cause babies to be born with mental and physical defects (Fetal Alcohol Syndrome). Is even one drink a day safe? No one knows for sure.
- **Street drugs** can cause miscarriages or babies born too soon or too small. They may be addicted and go through withdrawal, or be sickly. You will be less healthy too. It's never too late to quit. Talk to your doctor about getting help.

EAT HEALTHY FOR A HEALTHY BABY.

- 2 or more servings of fruit or fruit juice.
- 3 or more servings of vegetables.
- 6 to 11 servings of bread, cereal or pasta.
- 3 or more meat or protein servings (fish, poultry, beans).
- 3 or more servings of milk, cheese or yogurt.
- 6 to 8 glasses of water, fruit juice or milk.

Limit foods that are high in sugar and fat, like candy, cookies, desserts and soft drinks.

EXPECT TO GAIN ABOUT 25 TO 35 POUNDS DURING PREGNANCY.

- Gaining weight is a sign your baby is growing normally.
- Slow, steady weight gain is best:
 - About 3 to 4 pounds the first 3 months.
 - Then about a pound a week after that.
- Do not diet or try to lose weight.

REPORT ANY OF THESE TO YOUR DOCTOR.

- Bright red bleeding or spotting.
- Swollen hands or face.
- Very bad headaches that don't go away.
- A 3- to 5-pound weight gain in one week.
- Sharp stomach pain.
- Pain when you empty your bladder.
- Blurred vision, light flashes or spots before your eyes.
- Continual vomiting.
- Chills and fever.