



## Having a Healthy Pregnancy

Physicians Plus works with your doctor to make sure you get the best care. Congratulations, it is an exciting time! We want you and your baby to be healthy. The following are important tips to follow as you prepare for your new baby:

- Visit your doctor on a regular basis. Don't miss checkups even if you feel fine.
- Don't smoke. Mothers who smoke have a higher risk of delivering early and having a child with health problems. You should also avoid being around people who are smoking. Talk to your provider about the First Breath program if you want to quit smoking.
- Don't drink alcohol. This can cause physical and mental birth defects.
- Only take medicines approved by your doctor.
- Stay away from substances such as cleaning solvents, lead, mercury, and paint thinners and removers.
- Eat a healthy and balanced diet. Eat foods like whole grain breads, cereals, fruits, vegetables, milk and eggs.
- Take folic acid daily. It is found in green leafy vegetables, berries, nuts, beans, breakfast cereals citrus fruits and some vitamins. Talk with your doctor about how much you should take.
- Talk to your doctor if you are feeling stressed or depressed.
- Get regular sleep.
- Exercise (unless your doctor doesn't want you to). It can help you feel better, reduce fatigue, and promote a faster recovery.
- Ask your doctor if Prenatal Care Coordination (PNCC) services are right for you. PNCC can give you information and support during your pregnancy.

Remember, everything that goes into your body goes into your baby. We hope you will make healthy choices during and after your pregnancy. If you have any questions, please talk to your doctor or call Physicians Plus Health Improvement at 1-800-545-5015, extension 7143.