

CARE DURING AND IMMEDIATELY AFTER PREGNANCY

Prenatal care is an important part of a healthy pregnancy. If you are pregnant, please call toll-free 1-866-231-1821 (TTY/TDD: 1-877-247-6272) to join the WellCare Prenatal Program. Prenatal care is the key to monitoring your health and your baby's health throughout your pregnancy. Here's what to expect at the prenatal appointments.

SEE THE DOCTOR

See your doctor as soon as you know you are pregnant. Doctors can help you know if you may be at risk of having the baby too early. You can do things to keep you and your baby healthy. If the doctor finds problems early, he or she may be able to stop or slow down those problems.¹ If you see the doctor early and regularly, you are more likely to have a healthier baby.²

THE DOCTOR SHOULD DO THE FOLLOWING

At Each Visit:

- Take your weight and blood pressure.
- Ask for a urine sample.
- Measure your tummy to see how the baby is growing.
- Listen to your tummy to hear the baby's heart rate.
- Ask if you feel the baby moving.
- Ask if you are leaking any liquids.
- Ask if you are eating and taking your vitamins.
- Ask if you are walking, stretching, and bending.
- Talk to you about not smoking, drinking alcohol, or using drugs.
- Talk to you about changes in your body as the baby grows.
- Ask how you and your family are feeling about the baby coming.
- Ask you about your safety.
- You will want to tell your doctor if you are feeling blue or down in the dumps.

At the First Visit:

- Ask you about your other pregnancies or sicknesses.
- Ask you about your mom's, dad's, and grandparent's health and sicknesses.
- Ask you if you have signed up for WIC.
- Look in your ears, nose, and throat.
- Listen to your heart, lungs, and tummy.
- Look at your ankles for swelling.
- Take blood to run some tests.
- Give you any shots that you need.
- Do an ultrasound to listen to the baby's heart rate and see how your baby is doing.
- Teach you about what to eat, drink, and do to have a healthy pregnancy.

At the Visit Just Before the Baby Is Born:

- Talk to you about how you can tell that the baby is ready to be born.
- Talk to you about what it feels like to have a baby.
- Talk to you about work and going on trips away from home.
- Ask how you and your family are feeling about the baby.

At the First Visit After the Baby Is Born:

- Take your weight and blood pressure.
- Check to make sure your body is healing after the baby is born.
- Check your breasts and ask if you are breastfeeding.
- Ask if you are eating and taking your vitamins.
- Ask if you are walking, stretching, and bending.
- Ask how you and your family are feeling about the baby.
- Talk to you about future babies and planning.

This information is only a general guide. It is not meant to replace your doctor's judgment. Always talk with your doctor to be sure you are getting the right exams, treatment, testing, and care.

¹Prenatal and Postpartum Care, The State of Health Care Quality 2005, National Committee for Quality Assurance.

²Guidelines for Perinatal Care, Fifth Edition[®], October, 2002 by the American Academy of Pediatrics (AAP) and the American College of Obstetricians and Gynecologists (ACOG).

