

# BE WELL Bulletin

April 2017

## Pregnancy



**Getting regular prenatal care is the best thing you can do to keep you and your baby healthy.**

### Learn About Pregnancy

Pregnancy can be exciting and overwhelming at the same time. There is a lot to learn and a lot to think about from **prenatal care** to **taking baby home**. At times things may be difficult or uncomfortable, but there are ways to manage them. Learn what to expect when pregnant **here**.

### Know when you are pregnant

It is important to **keep yourself healthy** before you even try to get pregnant. It's also important to find out if you are pregnant as soon as possible. Before you try to get pregnant, **know how pregnancy happens** and track your periods. If your period is late or you miss one you can take a **home pregnancy test**. If your home test is positive call your doctor to schedule a pregnancy test to confirm. If that test is positive, work with your doctor to schedule your **first prenatal visit**.

### Get Regular Prenatal Care

Getting **regular prenatal care** is the best thing you can do to keep you and your baby healthy. Your doctor will want to see you often to check your weight, blood pressure and urine for any signs of health issues. As you get closer to the end of pregnancy, your doctor will check for signs of labor and make sure you know what to do when you go into **labor**. **Regular prenatal care** gives you and your baby the best chance at a healthy delivery and life beyond.

Some clinics offer group visits for pregnant moms. A group visit is a great way to see your doctor and meet other moms who will have babies around your child's age. The support of both your doctor and peers can help you and your baby stay healthy. Ask your clinic if they offer group visits for prenatal care.

### Feel your best

Pay attention to your emotions during and after pregnancy. It is common to feel down some of the time. This is sometimes called the "**baby blues**." It can become a very serious problem in some situations. If you aren't sure about your emotions, take **this quiz** and think about talking to your doctor. If you start to feel down most of the time call your doctor. Do not ignore feeling down or not like yourself. There is no reason to feel ashamed or embarrassed by these feelings; they are natural and you should not hesitate to talk to your doctor about them. Get help so you can feel your best for yourself and your family.

### Resources For Mom & Baby

There are programs and resources to help you get the things you need for a healthy pregnancy and family:

- **Maternity Support Services (MSS):** MSS helps pregnant women by working with a team of people to keep you healthy and get the resources you need. Ask your clinic about MSS.
- **New Arrivals:** If you are having a difficult pregnancy our New Arrivals program may be able to help. **Call us** to learn more about this free benefit for our pregnant members.
- **ParentHelp 123:** Get connected with programs that provide nutritious food, pregnancy and baby supplies, breastfeeding support and more. Visit their **website** or call the Family Health Hotline at 1-800-322-2588.
- **2-1-1:** The Washington Information Network's website has resources for transportation, housing, employment and many other services that can help you and your family. Search their **website** for local resources or call 2-1-1.
- **WithinReach:** Get help with parenting classes, child development services and much more. Visit their **website** or call 1-800-322-2588.
- **Breastfeeding:** Visit **ParentHelp123** to search for breastfeeding support and supplies near you.

### Healthy Pregnancy Tips

- 1 See your doctor or midwife regularly.
- 2 Eat a balanced diet and stay active.
- 3 Avoid tobacco and alcohol.
- 4 Have a plan for labor, delivery and bringing baby home.
- 5 Ask for help. There are programs and resources to help keep you and your family healthy.



## Resources

We have a number of resources and tools to keep you healthy and help you manage chronic conditions. Check out these additional resources:

**Health and Wellness A-Z Library**

**Children First Program**

**Quit for Life**

**New Arrivals**

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