

PRENATAL + POSTPARTUM CARE



YOUR HEALTH HELPS YOUR BABY'S HEALTH.

WHAT: A well visit to the doctor is known as preventive care. Preventive visits are especially important during your pregnancy and after your baby is born.

WHY: These appointments give you a chance to ask any questions about caring for yourself or your baby. They also give doctors a chance to spot problems early, and to treat them before they become more serious.

WHEN: For normal, healthy pregnancies, you will need to see your doctor once a month for the first three months (called a trimester). During your second trimester you should make appointments every two weeks. After that, you should see your doctor weekly until your baby is born. It's important to keep these appointments, so your doctor can check for any problems that could affect you or your baby.

It's also important to see your doctor between 7 and 84 days after your baby is born. This is called the postpartum checkup. Your doctor will want honest information about how you're feeling, how your body is healing from childbirth, and if you have any concerns about being a new parent.

When to Call the Doctor

For most women, pregnancy is a happy, exciting time. If you're eating healthy, getting regular exercise, and going to your prenatal checkups, everything should be fine.

But if you notice any of these red flags, call your doctor:

- Bleeding or leaking fluid
- Blurry vision
- Cramping, stomach pain or a severe backache
- Frequent or constant headaches
- Regular contractions before 37 weeks
- A decrease in baby's movements
- Dizziness
- Vomiting or diarrhea
- Fever or chills
- Pain or burning with urination
- Swelling in your face, fingers and feet

WHILE YOU'RE PREGNANT

- 1 DON'T SMOKE.** It passes nicotine and cancer-causing chemicals to your baby. It also increases the risk of miscarriage and infant death.
- 2 GET YOUR TDAP AND FLU SHOTS!** Talk to your doctor about vaccinations. Protect your baby, yourself, and others!
- 3 DON'T DRINK ALCOHOL OR DO DRUGS.** Even a small amount of these substances can be very harmful to your baby.
- 4 DON'T HAVE CONTACT WITH CAT LITTER OR PET RODENTS.** Cat litter can cause a condition called toxoplasmosis, which can harm your baby. Rodents' urine or droppings can cause a virus that's also very dangerous for your baby.
- 5 DON'T EAT FISH WITH HIGH MERCURY LEVELS.** This includes swordfish, king mackerel, shark and tilefish.


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TAKE CARE OF YOUR BABY BEFORE AND AFTER BIRTH

BEFORE		AFTER		
NUTRITION	CHECKUPS	CARING FOR NEW MOMS	BREASTFEEDING	CHECKUPS
 <p>Drink lots of water, take prenatal vitamins and get regular exercise. You should eat plenty of fruits and vegetables, but be careful not to “eat for two.” That myth can lead to health problems during pregnancy.</p>	 <p>Regular visits to your doctor help him or her track the progress of your pregnancy. You can also get vaccines, nutrition advice, ultrasounds and screenings</p>	 <p>Your body goes through many changes after childbirth. Rest as much as you can, drink lots of water and keep up your strength with nutritious snacks and meals. Ask a family member to help with other children and meal preparation.</p>	 <p>Breast milk is easy for babies to digest. It helps protect them from illness while their bodies are still fragile. Breastfeeding is good for your health, too. Classes or one-on-one guidance can help you and your newborn with this important process.</p>	 <p>Schedule a postpartum visit with your doctor between 7 and 84 days after delivery. This is a good time to discuss any concerns you have about physical discomfort, weight gain, breastfeeding, postpartum depression or other issues.</p>

POSTPARTUM DEPRESSION

How do I know if I have depression?

Crying, moodiness, anxiety and stress is common in the first few weeks after childbirth. But if these feelings last longer than that or if you feel angry and unable to function, it's time to get professional help right away.

What causes postpartum depression?

Dramatic hormone changes, lack of sleep and adjusting to having a newborn have a big effect on a new mom's emotions. Some women are prone to getting postpartum depression.

How is postpartum depression treated?

Depending on your symptoms, your doctor may recommend mental health counseling, medication or both.



FILL OUT A PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

Show your doctor during your next visit. Your answers to these questions will help start a discussion about your emotional health which is just as important as your physical health!

METROPLUS MEMBER REWARDS*

MetroPlus members can earn points for completing certain health and wellness activities, then use those points to shop for items from the rewards catalog. You can visit metroplusrewards.com any time or call us at **1.800.510.3944** (TTY: 1.844.488.9723), Monday through Friday from 8AM – 8PM.



For information about MetroPlus Health Plan call
1.800.303.9626 (TTY: 711)
 Monday – Friday, 8AM – 8PM • Saturday, 9AM – 5PM

*Currently, MetroPlusHealth Medicaid, CHP, CSS, Partnership in Care, HARP, EP, QHP, SHOP, and Medicare health plans are eligible for the Rewards program. • MKT 21.037