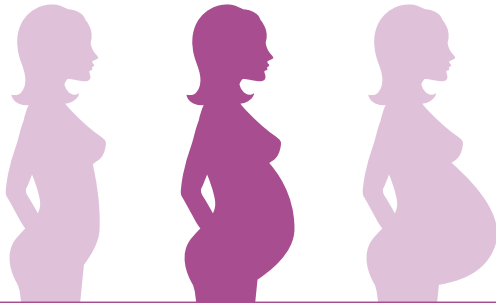


HEALTH TIPS

Make Health Happen

Pregnancy – second trimester

MY PREGNANCY WILL LAST ABOUT 9 FULL MONTHS OR 40 WEEKS. IT IS DIVIDED INTO THREE EQUAL PARTS. EACH PART IS CALLED A TRIMESTER.



Some helpful information:

1st trimester = months 1-3 or weeks 1-13

2nd trimester = months 4-6 or weeks 14-26

3rd trimester = months 7-9 or weeks 27-40

The second trimester is an exciting time for me. My baby and I are changing quickly. My doctor is working with me to make sure my baby and I stay healthy.

About my body

I may notice these changes taking place:

- I may have more energy.
- My breasts are not as sore.
- I don't need to urinate (pee) as much.
- I don't have as much morning sickness.
- My food may start to taste good again.
- I may gain 3-4 pounds each month.
- I will begin to look pregnant.

About my baby

My baby is changing as well.

The 4th month

- My baby's eyebrows and eyelashes form.
- My baby can swallow and smile.
- My baby can kick and make fists.

The 5th month

- My baby grows hair.
- My baby may move a lot and can turn from side to side.
- My baby sleeps and wakes up.

The 6th month

- My baby is about 10-12 inches long.
- My baby can suck his or her thumb.
- My baby's eyes open and close.

What I will do to keep my baby healthy:

- I will not use alcohol, tobacco or drugs.
- I will talk to my doctor before taking any medications.
- I will drink lots of water.
- I will exercise.
- I will eat fresh fruits and vegetables.
- I will take my prenatal vitamins every day.
- I will see my doctor once a month.
- I will keep all my doctor appointments.
- I will go to childbirth and parenting classes.
- I will ask my doctor any questions I have about my pregnancy.
- I will see my dentist for a checkup.


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Helpful phone numbers for UniCare Health Plan of West Virginia, Inc. only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.

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Pregnancy – second trimester

For more information, visit the National Women's Health Information Center online at www.womenshealth.gov or call **1-800-994-9662**.

Office on Women's Health, U.S. Department of Health and Human Services website: www.womenshealth.gov

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