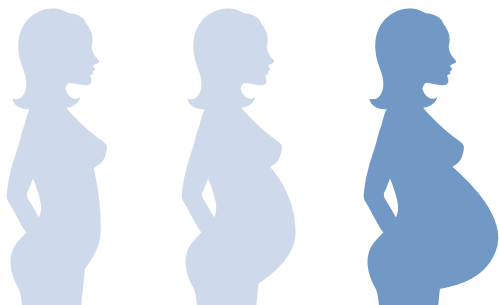


# HEALTH TIPS

Make Health Happen

## Pregnancy – third trimester

MY PREGNANCY WILL LAST ABOUT 9 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 third trimester can be very exciting. Even though my pregnancy is almost over, my baby needs 40 weeks to grow healthy and strong.

### About my body

I may notice these changes taking place:

- My belly is big, and I may feel clumsy.
- I may feel hot and tired.
- My breasts may leak.
- My back, hips or legs may hurt.
- I may need to use the bathroom more often.
- I should gain about 25-35 pounds by delivery.

### About my baby

#### The 7th month

- My baby kicks and stretches.
- My baby can hear voices and feel my touch.

#### The 8th month

- My baby does not move as much, but I do feel regular movement of my baby.
- My baby may push on my belly.

#### The 9th month

- My baby's lungs are ready.
- My baby could be born at any time.
- My baby should drop lower in my belly.

### 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 every two weeks during my 7th and 8th month and every week in my 9th month.
- I will keep all my doctor appointments.
- I will go to childbirth and breastfeeding classes if I haven't taken them yet.
- 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 – third trimester

**My baby is almost here!** I am glad I worked so hard to get ready for my baby's birth.



After I deliver my baby, I will:

- Schedule my postpartum checkup.
- Schedule my baby's first well-child checkup.

Office on Women's Health, U.S. Department of Health and Human Services website: [www.womenshealth.gov](http://www.womenshealth.gov)

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