

# HEALTH TIPS

Make Health Happen

## Prenatal care and your doctor

**PRENATAL CARE IS HEALTH CARE DURING PREGNANCY. IT IS VERY IMPORTANT. IT WILL HELP YOU AND YOUR BABY STAY HEALTHY.**

It is normal to have questions about what to expect during your pregnancy. Be sure to start your prenatal care as soon as you find out you are pregnant. Here are some things you can expect at your first doctor visit.

Your doctor will:

- Ask questions about your health.
- Do a physical exam.
- Do some tests.
- Tell you your baby's due date.

You can bring someone with you for support.

Your doctor will want to see you many times during your pregnancy. These visits are called prenatal checkups. Use the chart below as a guide for how often you should go.

How often?	Stage of pregnancy
At least once a month	Months 1-3 or first trimester
At least once a month	Months 4-6 or second trimester
At least once every two weeks	Months 7-8 or third trimester
Every week	Last month

**See if you can guess what your baby is able to do each trimester.**

1. First trimester:

- a. Your baby's heart begins to beat.
- b. Your baby's eyes, ears and nose begin to form.
- c. Your baby's hands, fingers and toes form.
- d. All of the above.

**The correct answer is d.** All of your baby's organs and structures are formed. They will need more time to grow.

2. Second trimester:

- a. You can tell whether you will have a boy or a girl.
- b. You can feel your baby moving.
- c. You can tell by your baby's activity when he or she is awake or sleeping.
- d. All of the above.

**The correct answer is d.** Your body will need plenty of rest and healthy foods to support you and your baby's health.

3. Third trimester:

- a. Your baby can recognize your voice.
- b. Your baby can taste and smell.
- c. Your baby can practice breathing.
- d. All of the above.

**The correct answer is d.** Your baby is growing and gaining weight each week.



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UniCare Health Plan of West Virginia, Inc.

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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.



## Prenatal care and your doctor

You and your doctor have worked hard to make sure you and your baby are ready for delivery.

Office on Women's Health, U.S. Department of Health and Human Services website: *You're pregnant: Now what?* [womenshealth.gov/pregnancy/you-are-pregnant/prenatal-care-tests.html](http://womenshealth.gov/pregnancy/you-are-pregnant/prenatal-care-tests.html): September 27, 2010. (Accessed June 11, 2014.)

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