

# HEALTH TIPS

Make Health Happen

Prenatal care for you  
and your baby

## CARING FOR YOURSELF NOW CAN HELP GIVE YOUR BABY A HEALTHY START IN LIFE



**Congratulations!** This is an exciting time for you! You may have questions and concerns about your baby's health and growth. There are many things you can do to make sure you and your unborn baby stay strong and healthy.

Take this quiz to see how much you may already know about taking care of yourself while you are pregnant.

### True or false

1. It is important that I see my doctor as soon as possible when I think I may be pregnant.

**True!** Prenatal care is health care you get while pregnant. Your doctor can help you know what to expect and how to care for you and your growing baby.

2. It doesn't matter what I eat as long as I eat enough for me and my baby.

**False!** Your body will need the right kinds of foods to keep you healthy and to help your baby grow healthy, too. Choose healthy foods like fresh fruits and vegetables, whole grains and low-fat dairy foods. Eat small, frequent meals. Make sure all meats and seafood are cooked well.

3. Smoking, alcohol and drugs, even over-the-counter medications, may be harmful to my baby.

**True!** These things can harm your baby. They can cause your baby to be born too soon, have heart or lung problems and sometimes cause death. Talk to your doctor about things that might help you to quit. Always ask your doctor if it is safe before taking any medications.

### Here are more things you can do to help keep you and your baby healthy and safe.

- If you have sex with a new partner, be sure to use a condom each time. This will help protect you and your baby from diseases.
- Wear a seat belt with a shoulder strap every time you ride in a car, truck or van. Always place the lap belt under your belly.
- Do not handle cat litter.
- Get plenty of rest.
- Keep seeing your doctor for prenatal care throughout your pregnancy.
- Talk to your doctor about exercise and attending prenatal classes.
- See your dentist for a checkup.



[www.unicare.com](http://www.unicare.com)

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 for you and your baby

### What things would you like to learn more about?

Write your questions on the lines below and take them  
with you to your prenatal visit.

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Office on Women's Health, U.S. Department of Health and Human  
Services website: *You're Pregnant: Now what?*, September 27, 2010:  
[www.womens](http://www.womens)

[health.gov/pregnancy/you-are-pregnant/  
prenatal-care-tests.cfm](http://health.gov/pregnancy/you-are-pregnant/prenatal-care-tests.cfm). (Accessed June 6, 2014.)

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