MATERNITY WELLNESS GUIDELINES
Recommendations for a healthy pregnancy

First Prenatal Visit
Your health care provider\(^1\) will evaluate your personal health and family history to plan the best care for you and your new baby. The first visit is usually the longest, so be prepared. You may be asked about:

- the date of your last menstrual period to help predict when your baby will be born,
- health problems like diabetes, high blood pressure or sexually transmitted disease,
- past pregnancies and any complications,
- previous hospital admissions,
- current medicines, allergies to medicines and foods,
- vaccination history,
- whether you drink alcohol, or use tobacco or recreational drugs,
- your diet and eating habits and how much you exercise,
- stress in your life,
- how safe you feel in your current living arrangements and
- health history of the baby’s father and your family history.

Your health care provider will also examine you, do some tests and offer advice. He or she may:

- check your height, weight and blood pressure,
- perform a physical exam, including a pelvic exam,
- take a urine and blood sample for analysis,
- prescribe prenatal vitamins,
- give recommended vaccinations, including but not limited to Tdap (tetanus, diphtheria and pertussis) and influenza,
- give recommended screening for hepatitis B virus (HBV) infection,
- provide education about what to expect during your pregnancy.

Preparing For Pregnancy
It is important to make healthy choices. Keep an ideal weight and a healthy lifestyle. Visit your health care provider for a check-up before becoming pregnant.

If you have questions about your pregnancy or need any extra guidance or support, contact Blue Cross and Blue Shield of Texas toll-free at (800) 252-8039 (TTY: 711) between 8 a.m. - 6:30 p.m. CT., Monday-Friday, and ask to speak with a clinician.

Clinicians can help you with topics such as prenatal health, maintaining an ideal weight and healthy lifestyle.

\(^1\) A health care provider could be a doctor (OB/GYN), primary care provider, physician assistant, nurse practitioner or other health care professional.

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Later Prenatal Visits
Follow-up visits usually take less time. Your health care provider may also:
- check your blood pressure,
- check your hands, feet and face for swelling,
- listen to the baby’s heartbeat (beginning as early as week nine),
- perform an ultrasound (usually between weeks 18 and 20),
- measure the size of your uterus and
- ask about the baby’s movement.

Normally, you will see your health care provider every four weeks for the first 28 weeks of pregnancy, then every two weeks until 36 weeks of pregnancy and then weekly until your baby is born. Talk with your health care provider and bring a list of questions to every visit.

After Giving Birth
You should schedule a visit with your obstetrician or other care provider within the first three weeks after giving birth. A comprehensive visit should be done no later than 12 weeks after birth. Your doctor:
- will do an examination,
- may do follow-up testing, if needed,
- may give vaccinations, as needed and
- may ask about breastfeeding.

You may also be asked if you are feeling low, have lost interest in usual activities, have difficulty caring for your baby or have difficulty concentrating, focusing or making decisions.

Maternity Self-Management Programs
Well onTarget® offers digital self-management programs to support healthy pregnancies through every stage. Access these programs by going to healthselectoftexas.com and logging in to your Blue Access for Members™ portal. Find the link to Well onTarget under the Wellness options. In Well onTarget, select “Self-Management Programs” and choose one of the five available “Nurturing Your Healthy Pregnancy” courses.