

Having a Healthy Pregnancy

Physicians Plus works with your doctor to make sure you get the best care. Congratulations, it is an exciting time! We want you and your baby to be healthy. The following are important tips to follow as you prepare for your new baby:

- Visit your doctor on a regular basis. Don't miss checkups even if you feel fine.
- Don't smoke. Mothers who smoke have a higher risk of delivering early and having a child with health problems. You should also avoid being around people who are smoking. Talk to your provider about the First Breath program if you want to quit smoking or call the Wisconsin Quit Line at 1-800-784-8669.
- Don't drink alcohol. This can cause physical and mental birth defects.
- Only take medicines and vitamins approved by your doctor.
- Stay away from substances such as cleaning solvents, lead, mercury, cat litter, paint thinners and removers.
- Eat a healthy and balanced diet. Eat foods like whole grain breads, cereals, fruits, vegetables, milk and eggs.
- Take a folic acid tablet or consume green leafy vegetables, berries, nuts, beans, breakfast cereals and citrus fruits. Talk with your doctor about how much folic acid you should have in your diet.
- Talk to your doctor if you are feeling stressed or depressed.
- Get regular sleep.
- Exercise (unless your doctor doesn't want you to). It can help you feel better, reduce fatigue, and promote a faster recovery.
- Ask your doctor if Prenatal Care Coordination (PNCC) services are right for you. PNCC can give you information and support during your pregnancy.

Remember, everything that goes into your body goes into your baby. We hope you will make healthy choices during and after your pregnancy. If you have any questions, please talk to your doctor or call Physicians Plus Health Improvement at 1-800-545-5015.

Interpreter services are provided free of charge to you. See back for details.

INTERPRETER SERVICES

English: For help to translate or understand this, please call 1-800-545-5015 or 608-282-8900 (TTY).

Spanish: Si necesita ayuda para traducir o entender este texto, por favor llame al telefono 1-800-545-5015 or 608-282-8900 (TTY).

Hmong: Yog xav tau kev pab txhais cov ntaub ntawv no kom koj totaub, hu rau 1-800-545-5015 or 608-282-8900 (TTY).

Russian: Если вам не всё понятно в этом документе, позвоните по телефону 1-800-545-5015 or 608-282-8900 (TTY).