

Healthy mom, healthy baby

Geisinger

A basic guide to a
healthy pregnancy

Disclaimer

This information is being provided in order to increase your awareness. It is not intended to be medical advice. If you believe that you may have any medical conditions or have specific questions regarding your health, see your physician.



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Pregnancy overview

40 weeks

Divided
into three
trimesters

- 12 to 13
weeks

Exciting
but
stressful

Healthy
choices
are more
important
than ever

Changes during pregnancy

Backache

Bladder
changes

Diarrhea

Difficulty
sleeping

Fatigue

Increased
breast size

Heartburn

Leg
cramps

Nasal
congestion

Stretch
marks

Prenatal care

Important for your health and the health of your baby

- Discuss any medications you are taking with your doctor
- Get the flu shot
- Take a multivitamin or prenatal vitamin daily
 - 400 to 800 mcg of folic acid or as recommended by your doctor
- Start early and regular prenatal care

Doctor visits

Weeks 4 to 28: once a month

Weeks 28 to 36: once every two weeks

Weeks 36 to 40: once a week

High risk pregnancies may see doctor more often



Eat right

- Avoid fad diets
- Do not restrict calories or try to lose weight
- Get the nutrients you and your baby need
- Variety of food groups
 - Breads and grains
 - Dairy products
 - Fruits and vegetables
 - Protein sources

Grains

- Body's main source of energy
- Choose whole grain breads and flours
- Eat 6 to 11 ounces of grains each day
- Important source of B vitamins, carbohydrates, fiber and iron



Calcium

Essential for muscle and nerve function

- Helps build strong bones and teeth
- Major source is milk
- Recommended daily intake based on age:
 - 14 – 18 years old: 1,300 mg
 - 19 – 50 years old: 1,000 mg

Fruits and vegetables

Fruits

- Consume two to four servings each day
- Source of many vitamins, minerals and fiber
 - Vitamins A and C

Vegetables

- Consume four or more servings each day
- Source of many vitamins, minerals and fiber
 - Folic acid
 - Vitamins A and C

Protein

- Eat six to seven ounces each day
- Helps your baby build muscles and fight infections
- Major source is lean meat
- Needed especially during the second and third trimesters of pregnancy
- Provides important vitamins and minerals
 - B vitamins
 - Iron

Iron and folic acid

Iron

- Needed for red blood cell production
- Recommended daily intake
 - 27 mg during pregnancy
- Usually provided in prenatal vitamins

Folic acid

- B vitamin that can reduce the risk of birth defects
- Recommended daily intake
 - 400 mcg before and during pregnancy
- Usually provided in prenatal vitamins

Fortified
cereal and
oatmeal

Lentils

Lima beans

Liver

Oysters

Raisins

Soybeans

Iron

Avocado

Citrus fruits
and juices

Dried
beans,
peas and
nuts

Lentils

Green
vegetables

Folic acid

Foods not recommended

- Alcohol
- Excessive caffeine
- Raw or uncooked meats, fish, poultry or eggs
- Fish with high mercury levels
- Hot dogs, deli meats
- Raw or unpasteurized milk, cheese and dairy products



Hydration

Moms-to-be need approximately 8 to 10 cups of fluid each day

- Add 8 ounces for every hour of light activity
- Limit caffeine such as coffee, tea and colas
- Look for decaffeinated or caffeine-free drinks

Helps prepare your body for labor and delivery

- Avoid any jumping or jarring motions
- Safe and recommended if done properly
- 30 minutes of physical activity most days of the week
- Examples: walking, yoga, yard work, dancing, etc.

Exercise





Smoking during pregnancy

- Causes additional health problems
 - Premature birth
 - Low birth weight
 - Birth defects
 - Sudden Infant Death Syndrome (SIDS)
- More likely to have a miscarriage
- Problems with the placenta
 - Source of the baby's food and oxygen

Smoking during pregnancy

Birth defects

- Cleft lip or cleft palate

Low birth weight

- Longer hospital stay for the baby

Sudden Infant Death Syndrome (SIDS)

- Cause of death cannot be found

Smoking cessation help

800-QUIT-NOW

- Provides support in quitting, including free coaching, a free quit plan, free educational materials and referrals to local resources

Smokefree Women

- women.smokefree.gov
- Provides information and resources on quitting smoking targeted at pregnant and non-pregnant women

smokefree.gov

- Provides general resources for smokers to quit

Health coaching

- 866-415-7138
- A trusted resource who strives to empower you to create lasting lifestyle changes

Other healthy lifestyle tips

Avoid paint fumes, strong cleaning products and heavy lifting



Avoid tobacco, alcohol and drugs



Dental health



Hold hand rails



Get plenty of sleep

Warning signs

Call your doctor if you experience any of these symptoms:

- Abdominal pain that is constant or worsening
- Blurred vision
- Decrease or absence of baby movement
- Fever higher than 101°F
- Severe backache or headache

Warning signs

Call your doctor if you experience any of these symptoms:

- Severe/persistent vomiting or diarrhea
- Spots before your eyes
- Sudden weight gain in just a few days
- Swelling or puffiness in your upper body (hands and face) or feet and ankles
- Vaginal bleeding or a gush of fluid from the vagina



Additional resources

Women, Infants and Children (WIC)

- [fns.usda.gov](https://www.fns.usda.gov)
- Special supplemental program for women, infants and children
- Provides: nutritious foods, nutrition education and referrals to health and other social services at no charge
- Serves low-income pregnant, postpartum and breast feeding women
- Serves infants and children up to age five who are at nutrition risk

Community resources

Free diapers

- nationaldiaperbanknetwork.org
- Offers a directory of places to get free or affordable diapers

Free cribs

- cribsforkids.org
- Can help you find free cribs in your community

Safe sleep for infants

- 800-505-2742
- Promotes infant back sleeping, and other ways to prevent Sudden Infant Death Syndrome (SIDS)

Free or reduced-cost prenatal care

- 800-311-2229
- Will connect you to the health department in your area code

GHP Family Healthy Rewards

Earn rewards for taking steps toward better health

- Meet your recommended health goals

If you are pregnant, or if you are a new mom, you may be eligible for a Healthy Rewards debit card

- Purchase baby care products and other health related supplies for you and your family

Key takeaways

Prenatal care is essential

- For your health and the health of your baby

Eat right and exercise

- Make sure to eat a balanced diet that includes foods from all food groups

Be aware of warning signs

- Call your doctor immediately if you experience anything that worries you

Stop smoking

- Prevents health complications for you and your baby

References

- American Pregnancy Association
americanpregnancy.org
- Centers for Disease Control and Prevention
cdc.gov
- National Institutes of Health
ods.od.nih.gov
- U.S. Department of Health and Human Services
womenshealth.gov

Discrimination is against the law

Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company (the "Health Plan") comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. The Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation.

The Health Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, call the Health Plan at 800-447-4000 or TTY: 711.

If you believe that the Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with:

Civil Rights Grievance Coordinator
Geisinger Health Plan Appeals Department
100 North Academy Avenue, Danville, PA 17822-3220
Phone: 866-577-7733, TTY: 711
Fax: 570-271-7225
GHPCivilRights@thehealthplan.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Grievance Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue SW., Room 509F
HHH Building, Washington, DC 20201
Phone: 800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at
<http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 800-447-4000 or TTY: 711.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-447-4000 (TTY: 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-447-4000 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-447-4000 (телетайп: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-447-4000 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-447-4000 (TTY: 711) 번으로 전화해 주십시오.

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-447-4000 (TTY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-447-4000 (رقم هاتف الصم والبكم: 711).

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-447-4000 (ATS: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-447-4000 (TTY: 711).

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 800-447-4000 (TTY: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-447-4000 (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-447-4000 (TTY: 711).

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសាដោយមិនគិតលុយគឺអាចមានសំរាប់បំរើអ្នក។ ចូរ ទូរស័ព្ទ 800-447-4000 (TTY: 711)។

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-447-4000 (TTY: 711).

Questions?

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Member resources

Talk to the wellness presenter if you would like more information

Mail Order Pharmacy

Get medications delivered to your doorstep. Call 888-878-5562 or visit go.geisinger.org/rx

Medicare Advantage

If you're approaching 65 and like the idea of all of your coverage coming from one plan, Geisinger Gold Medicare Advantage may be right for you. Call 800-482-8163

Know when to go

Tel-a-nurse provides 24/7 health information and advice on a wide variety of medical topics and can help you decide what kind of care is right for you. Call 877-543-5061

Share your thoughts

Did you learn something new today, have a suggestion or want to share a success story? Help us improve our programming by giving your feedback using the QR code to the right or by visiting go.geisinger.org/pe

