

## Provider visits

### Mark your calendar

For the healthiest possible pregnancy, make sure you keep your appointments.

### Before delivery (prenatal appointments)

- **4 to 28 weeks:** One time per month
- **28 to 36 weeks:** Every other week
- **36 to 40 weeks:** Once a week

Based on your individual health, your doctor may want to see you more often.

### After delivery (postpartum appointments)

Your doctor will most likely want to see you about **four to six weeks** after your baby's birth.\* Your doctor will want to see how you're healing and how you're adjusting to motherhood and your new family member. You'll get the "all-clear" to return to your pre-pregnancy activities if your doctor finds you're in good health. Your doctor may:

- Check your breasts, vagina, cervix and uterus.
- Talk about postpartum depression and "baby blues."
- Provide tips on caring for and feeding your new baby.

\* If you have a Cesarean section (C-section), you may need to see your doctor sooner (a week or two after delivery) so the doctor can make sure your incision is healing properly. Then you'll see your doctor again for a postpartum appointment.



### Well-infant appointments

After your baby is born, your child's doctor will want to see your baby regularly.

- 1 week
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months, and then yearly

During the checkup, the pediatrician will examine your baby to measure growth and to check development. If any vaccines or screenings are needed, they'll take care of those too.

### Get the support you need

- **Member Services\***
- **24/7 NurseLine:** Connect with a registered nurse anytime at no extra cost to you.\*
- **Text4baby** provides free pregnancy and infant related health tips. Text **BABY** to **511411** to register.

\* Call the number on your member ID card.

## Let nature run its course

Be patient. Being pregnant at least 39 weeks gives your baby's body all the time it needs to grow. In most cases, a vaginal delivery is safer for your baby. In fact, the process of labor and delivery is nature's way of helping your baby slowly adjust to life outside the womb.



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## Healthy you, healthy baby

### Your guide to the last weeks of pregnancy and delivery

Right now, your head may be spinning as you think of all you have to do to get ready for your little one's arrival — from scheduling doctor appointments to picking out a car seat to getting your house ready. But getting ready doesn't need to be overwhelming. Just use this guide to help you stay on track both during and after your pregnancy. And don't forget — your provider can always help answer your questions.

The information is provided for general educational purposes only and is not a substitute for medical care or advice. Please consult with your doctor about what care and advice is appropriate for you.

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## Before you deliver



### 1. Get an infant car seat.

You won't be able to take your new baby home from the hospital without one. A rear-facing car seat is the safest way to travel until your child is at least one year old and 20 pounds. Child passenger safety laws vary based on age, weight and height. Make sure to follow your state's laws. You can check the Governors Highway Safety Association website at [ghsa.org](http://ghsa.org) to see your state's requirements.



### 2. Choose a pediatric doctor.

Before you give birth, it's important to find a children's doctor who will care for your baby. A children's doctor may be a family practice doctor, pediatrician or nurse practitioner. Use the **Find a Doctor** tool on [anthem.com](http://anthem.com) to get a list of providers near you.



Scan here



### 3. Set up a crib that meets safe sleep standards.

Make sure there are no gaps larger than two fingers between the sides of the crib and the crib mattress. Keep pillows, thick quilts and stuffed toys out of your baby's crib to prevent suffocation. Place the baby's crib or bassinet in your room, near your bed, rather than having the baby sleep with you in bed.



### 4. Plan for delivery.

Planning ahead will help you stay calm when the big day arrives. Prenatal classes such as childbirth preparation, breast-feeding, infant care, first aid and infant CPR are often offered at your local hospital or medical clinic. Talk to your doctor about the risks and benefits of any delivery choices you have. Most of the time, vaginal deliveries are safest for mom and baby.\*



### 5. Decide how you want to feed your baby.

Breast-feeding has many benefits for both baby and mom. But, if you can't, or choose not to breast-feed, it's OK. The most important thing your baby needs is your love and care.

\*American Congress of Obstetricians and Gynecologists (ACOG)

## Pack your bag for the big day

Try to have your bag ready for the hospital by the time you're about 36 weeks pregnant. Before labor, toss in these things to make you feel more at home:

- Health plan information, hospital forms and birth plan
- Two or three pairs of warm socks
- Warm robe or sweater
- Pajamas that button in the front
- Maternity bras
- Lip balm
- Toiletries and personal items — hairbrush, toothpaste, toothbrush, deodorant, face wash, shampoo, conditioner, lotion, contact lens case and solution, etc.
- Bath towel and washcloth
- Headband or ponytail holder
- Mobile phone and charger, plus phone numbers of people to call after the baby is born
- Camera for pictures and video
- Cozy going-home clothes for you and your baby
- Calming music

## After you deliver



### 1. Add your newborn to your health plan.

Don't forget to enroll your baby within 30 days of birth to ensure coverage under your benefits.



### 2. Schedule your postpartum (after delivery) checkup.

Go see your doctor four to six weeks after your delivery. You may need to see your doctor before this visit if you had a C-section because your incision will need to be checked a week or two after delivery, to make sure it's healing properly.



### 3. Schedule your baby's first well-child checkup.

Give your baby a healthy start in life. Take your baby to see the doctor at one week old. If you need help making this appointment or don't have a pediatric doctor yet, call the customer service number on your member ID card.



### 4. Think about family planning/birth control options.

Decide if you want to have another baby someday. If so, how soon? Be prepared to talk about it with your doctor at your next visit.



### 5. Plan to return to work.

Going back to work after having a baby can be hard. To make things easier, find a reliable and trusted child care provider. If you're breast-feeding, you can express your milk before you return to work, and try to introduce your baby to a bottle at about two weeks old. Work out a reasonable "pumping" plan for during work hours.

Hear directly from other women about this unique experience. Watch them talk about the steps they took to have a healthy pregnancy and delivery.

To watch the videos, simply:

1. Scan the QR code below.
2. Visit [anthem.com/healthypregnancy](http://anthem.com/healthypregnancy).



Your baby needs you to be healthy. It's important to give your body a chance to heal. Follow these tips after your baby is born:

- Eat healthy foods like fruits, vegetables, whole grains and proteins.
- Drink plenty of water and continue taking your pregnancy vitamins, especially if you're breast-feeding.
- Avoid lifting anything heavier than your baby.
- Take showers until your doctor says you can bathe.