

From Maybe to Baby: 7 Ways to a Healthier You

No Matter What You Decide



Stellis[★] Health



Whether you are in the very first thoughts of pregnancy or well into your journey, you can talk to your healthcare provider at any point. They will guide you through to conception with initial exams, information on the challenges of conceiving, and discussions on risk factors and infertility.

By starting the process with your Stellis Health provider, even if it's before your biological clock starts ticking, you can be assured that you are on the safest and healthiest path. With such an important and complicated process, no question or concern is ever considered insignificant or off limits.

Ultimately, your provider's extensive knowledge on the topics of pregnancy and reproductive health will keep you informed and prepared for all steps along the way. Their awareness of the monumental decision at hand will ensure you receive comprehensive care, support, and education – they truly want to help you!



Your Checklist for Before, During, and After Your Appointment

These health tips take on even more importance as you consider a possible pregnancy.



1

Food

Eating healthy takes some organization. Meal planning and prep can go a long way toward making healthy choices. Here are some things you can do to get on track:

- Make a list of foods you'd like to increase within your diet (include plenty of fruits & veggies)
- Order groceries online - this eliminates the temptation of junk foods
- Create a list before going to the grocery store and stick to it; shop along the edges of the store as that is where you'll find the healthiest foods



2

Exercise

Being active doesn't mean you have to spend every day at the gym.

- Plan several 10- to 15-minute workouts throughout the day
- Stretch multiple times daily
- Arrange to walk with a friend
- Be active at home (gardening, walk outside over lunch, dance while you do housework)

3



Mental Health

Reduce Stress

- Get enough sleep
- Meditate
- Exercise to boost your mood
- Limit alcohol; avoid cigarettes and other drugs
- Find a support group or support person

Stop Partner Violence

- Abuse can be emotional, physical, or sexual
- Talk to your provider
- Talk to a counselor
- Get assistance in making a plan by calling the [National Domestic Violence Hotline](#) at 1-800-799-SAFE (7233) or 1-800-787-3224 (TDD)

Resources

- [Stellis Health – Mental Health](#)

4



Environment

Exposure to toxic substances can harm the reproductive systems of women and men and make it harder to get pregnant. Protect yourself by reducing exposure and keeping the following in mind:

- Wash your hands frequently with soap and water
- Ask your partner to change the cat litter
- Stay away from people who are sick
- Try not to share food, drinks, or utensils with young children
- Avoid harmful [chemicals and toxins](#)

5



Health

Stop Smoking

- Find a support group
- Check out [BeTobaccoFree.Gov](#) and [SmokeFree.Gov](#)
- Call [1-800-QUIT-NOW \(1-800-7848-669\)](#)
- Avoid secondhand smoke

Stop Drinking Alcohol

- Stop drinking when you start trying to get pregnant or immediately if you find out you are pregnant
- Drinking can cause birth defects and there is no known level of alcohol that is safe during pregnancy
- Talk to your provider if you need help to stop drinking

Drugs/Medications

- Taking unprescribed drugs is not advised for you or the baby-to-be
- Talk with your provider if you need help
- Find a support group or support person

Vitamins

- Taking 400 mcg of folic acid daily helps prevent birth defects of the brain and spine; you should take this before you become pregnant

STIs - Protect yourself from sexually transmitted infections.

- Have sex with only one person whom is only having sex with you
- Buy condoms and use them correctly
- Use condoms every time you have sex
- If you have an STI, take all the medication for the full amount of time as directed by your provider



6

Medical

Get regular check-ups

Insurance

- Call your insurance provider to find out if you are eligible for preventative health services, such as screening, vaccinations, contraception (birth control) and counseling, with no copayments or deductibles
- If you don't have insurance, check [MNSure](#) to see if you are eligible for Medical Assistance and MinnesotaCare or consider [Title V](#)

Vaccines

- Make sure your vaccinations are up to date as they are your best defense against diseases. Get a flu shot annually, especially if you are pregnant.

Manage existing conditions like asthma and diabetes by discussing a plan with your provider



7

Your Appointment

Tips for Talking to Your Provider & Making an Appointment

Schedule an appointment Date: _____

- Consider bringing a partner, friend, or family member
- When you make your appointment, mention wanting a fertility consultation - this appointment requires a longer session; there will not be adequate extra time to ask all your questions at your next wellness visit
- Ask about supplements and lifestyle changes
- More couples are waiting to start families after age 35.... If you're concerned about your future fertility options, talk to your provider about them now
- Bring a list of your medications
- Speak up about embarrassing symptoms - while these can be difficult to discuss, you need to mention them
- Write down the date of your last period (and any other past dates you know)
- Bring your fertility calendar, if you have one
- Provide family history - learning about health problems in your family can help your provider identify and prevent potential problems
- Bring a list of questions

Questions to ask your Provider (Take this list with you to your appointment)

- My next appointment is: _____
- General questions

- Conception questions to ask

- Pregnancy questions to ask

- Other



6 Questions to Ask Your OB/GYN or Provider:

- When should I stop using birth control?
- Should I be taking prenatal vitamins?
- Should I undergo any fertility tests?
- How can I maximize my chances of getting pregnant?
- How will my gynecological issues affect my pregnancy?
- How will my other health conditions change during pregnancy?

There is a lot to remember and consider when discussing pregnancy. Print this document for your next appointment at Stellis Health, and continue to update it along the way. Add notes from discussions with your provider and/or your partner. Together, we will make your journey a safe one! [Call to schedule your appointment now.](#)

About Stellis Health

Like a trusted friend and neighbor, we have been caring for community members in and around Wright County for over 70 years. With locations in Albertville-St. Michael, Buffalo, and Monticello, our primary care providers bring together the very best specialists and course of care for you. We also care for our employees, and are honored to be recognized by the Star Tribune as being a top workplace in 2022.



