

Your guide to a healthy pregnancy

Congratulations—you're having a baby! Molina Healthcare wants to help you have a happy and healthy pregnancy. We're here for you every step of the way.

Check out our helpful pregnancy guide called **Your Guide to a Healthy Pregnancy**. It has tips to keep you and your baby healthy. The guide will teach you about:

Steps you can take for a healthy pregnancy and baby



How to find an OB doctor

- The best thing you can do is to see an OB doctor as soon as you know you're pregnant. Call **Member Services** at **(888) 665-4621** if you need help finding an OB or to change your OB.



What to expect at your prenatal visits

- It's important to start prenatal care early and see your OB regularly.



Services for you and your baby — WIC and doula



Things you need to do to take care of yourself



What to expect during each trimester

- Physical and emotional signs
- Ways to prepare for delivery
- Types of delivery and recovery times



Choices for your baby

- Your baby's doctor
- Safe travel tips and car seats
- Safe sleep
- Breast or bottle-feeding



What to expect when you're back at home



What you need to do to heal your body

- Postpartum check-up
- It's important to see your OB for your postpartum visit. Your body has been through a lot and will take time to heal. Your OB will check to make sure that you are healing after delivery.



Baby blues



What does it mean when your baby cries



What immunizations your baby needs to stay safe

Want to learn more?

View our full pregnancy guide by scanning the QR code.

