

Prenatal Care

Staying Healthy While You Are Pregnant



Get prenatal care as soon as you think you are pregnant.

What is prenatal care?

It is the health care you get while you are pregnant.

Who are Prenatal Care Providers?

- Doctor—called obstetrician or OB, or Family Practice doctor with special training
- Nurse Midwife
- Nurse Practitioner
- Doula—special community helper to support you during and after pregnancy

Why do I need prenatal care?

It will help you have a healthy pregnancy and a healthy baby. Early and regular prenatal care is important. It helps identify any problems early. It can help prevent early delivery (preterm) or low birth weight (too small) babies.

Keep the following appointments with your Prenatal Care Provider.

Trimester	Weeks	Appointments
1ST	1 – 12 weeks	<ul style="list-style-type: none">• See your provider as soon as you think you are pregnant and then every four weeks.
2ND	12 – 28 weeks	<ul style="list-style-type: none">• See your provider every four weeks.
3RD	28 weeks – Delivery	<ul style="list-style-type: none">• See your provider every two to three weeks during weeks 28–36.• See your provider every week from 36 weeks until delivery
POSTPARTUM	After Birth	<ul style="list-style-type: none">• See your provider between 1 – 12 weeks after your baby is born. Schedule as soon as your baby is born.

Keeping provider appointments during your pregnancy will help you have a healthy baby. Your provider will make sure you get the care that is right for you.

Do you have questions?

Call our 24-hour Nurse Advice Line. We are here to help you.



English: **(888) 275-8750**

Español: **(866) 648-3537**

TTY/TDD: **711**

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To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.