



## Healthy First Steps®

We want you to be healthy and have a healthy baby. So even if you haven't been keeping all of your doctor's appointments, it's important to begin now even if it's not your first pregnancy.

Healthy First Steps® is a special program, for UnitedHealthcare Community Plan members, that helps you:

- Choose a doctor or nurse midwife.
- Schedule appointments and exams.
- Find transportation to the doctor.
- Choose a doctor (pediatrician) for your new baby.
- Get care after your baby is born.
- Connect with community resources.
- Get family planning information.

## To learn more about the Healthy First Steps program from UnitedHealthcare Community Plan:



Call  
**1-800-599-5985**



Or visit  
**myuhc.com/CommunityPlan**  
**UHCCommunityPlan.com**

## Resources for you and baby

### Baby Blocks

A UnitedHealthcare program that includes appointment reminders and rewards for pregnant members who complete recommended prenatal care. For information on how to enroll, visit [UHCBabyBlocks.com](http://UHCBabyBlocks.com) or call **1-800-599-5985**.

### Text4baby

A free service to remind you of important milestones throughout your pregnancy and your baby's first year of life. To sign up, simply text the word **BABY** to **511411** and use the participant code HFS.

### Women, Infants, and Children (WIC)

A supplemental nutrition program for pregnant women, new mothers, infants, and children under age 5. **1-800-242-4942** | [mdwic.org](http://mdwic.org)

## To learn more about UnitedHealthcare Community Plan:



Call Member Services at  
**1-800-318-8821, TTY 711**  
Monday through Friday  
8 a.m. to 7 p.m.



UnitedHealthcare works with the state of Maryland to help families and adults with limited incomes get health insurance. We offer health coverage to beneficiaries of Maryland's HealthChoice program. The HealthChoice program is a program of the Maryland Department of Health. Health plan coverage provided by UnitedHealthcare of the Mid-Atlantic, Inc.

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920-CST12937 7/17

# Healthy Pregnancy:

## Your guide to the last 3 months.





# The big day will be coming soon.

Pregnancy is divided into three stages. Each is called a trimester because it's three months long. This is a quick guide to your third trimester (months 7 to 9).



## What to expect in your third trimester.

### This is the trimester with the fastest growth.

Your baby may gain ½ pound a week during the last month. That can make things tiring and uncomfortable for you. Your baby has:

- **Week 28:** Fully developed eyebrows and lashes, and eyes begin to open.
- **Week 29:** Fully developed bones.
- **Week 37:** Come to full-term and may turn upside down to get ready for birth.

At birth babies may be over 14 inches long and weigh more than 7½ pounds.

**You'll start visiting your doctor every week** during the third trimester to:

- Monitor your baby's heartbeat and movements.
- Maybe get a pelvic exam to check the baby's position.
- Learn what to do when labor starts.
- Decide whether to breast-feed or bottle-feed.
- Find out about your family planning choices once your baby is born, like birth control pills, condoms or a tubal ligation.

## You'll want to take special care of yourself now.

- Be sure to take your daily prenatal vitamin.
- Brush and floss your teeth at least once a day.
- Drink plenty of water, especially if the weather is hot.
- Make sure you get plenty of rest.
- Eat healthy snacks, like fresh fruits and vegetables, whole grain crackers, cheese and peanut butter.

## Signs of early labor.

It's called early labor when it happens 3 or more weeks before your due date. Here are the signs of early labor.

- **Uterine contractions** — 4 or more of them in an hour. They may be painless.
- **Menstrual-like cramps** low in the belly. They may be constant or come and go.
- **Low, dull backache** that radiates to the sides and front, and doesn't go away when you change position.
- **Pelvic pressure.** It feels like the baby is going to fall out.
- **Stomach cramps.** They feel like bad gas pains with or without diarrhea.
- **Change in vaginal discharge.** It may become pink, brown-tinged or watery.
- **A general feeling that something is not right.**
- **No movement from the baby all day.**

## Keep avoiding things that may be harmful.

- **Don't take medicines without checking with the doctor.** Even store-bought medicines, like aspirin, Tylenol or cough medicine.
- **Caffeine may be a problem.** Doctors don't know for sure, but it may harm a developing baby. It's found in tea, coffee, some soft drinks and chocolate. Drink water and fruit juices instead.
- **Smoking can cause a miscarriage or stillbirth,** or a baby may be born too soon (premature) and be too small. They can have breathing problems, like asthma. Even second-hand smoke may not be safe.
- **Alcohol can cause mental and physical defects** (Fetal Alcohol Syndrome). Babies may be born smaller than normal or have a hard time learning. Is even one drink a day safe? No one knows.
- **Street drugs can cause miscarriages.** Babies may be born too soon or too small. They may be addicted to drugs and go through withdrawal. They may be sickly or have a hard time learning. You will be less healthy too. It's never too late to quit. Talk to your doctor about getting help.