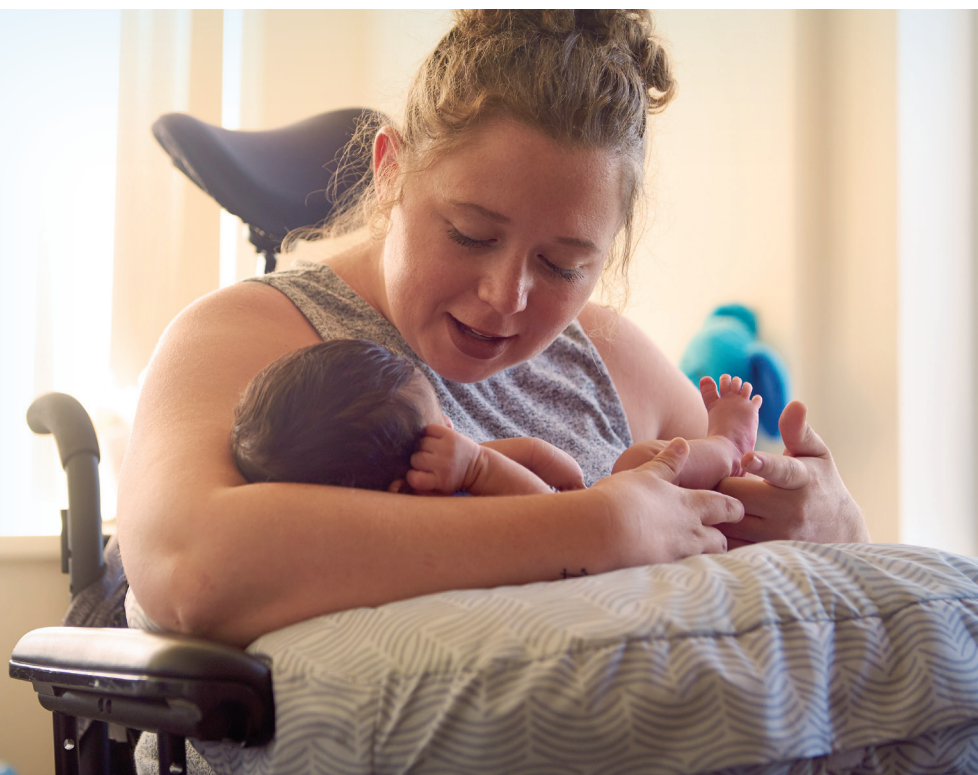




**Blue Cross Community MMAI
(Medicare-Medicaid Plan)SM**



Perinatal Wellness Guidelines

www.bcbsil.com/mmai

Blue Cross Community MMAI (Medicare-Medicaid Plan) is provided by Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an Independent Licensee of the Blue Cross and Blue Shield Association. HCSC is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees. Enrollment in HCSC's plan depends on contract renewal.

H0927_PERNTLGD24 Approved 1/2/24

250126.1023



Plan for a Healthy Pregnancy

Before Getting Pregnant

Making healthy choices is good for women who may get pregnant and their babies. Start by keeping a healthy lifestyle. Visit your doctor for a health checkup before you get pregnant.



Online: www.bcbsil.com/mmai

First Visit After You are Pregnant

Your doctor will check your health and family history. This helps your doctor plan the best care for you and your new baby. The first visit can be the longest, so be ready. You may be asked about:

- The date of your last period to help predict when your baby may be born
- Health problems like diabetes, high blood pressure or sexually transmitted infections
- Past pregnancies and any problems
- Past hospital stays
- Medicines you are taking and shot history
- Allergies to medicines, foods, etc.
- Use of alcohol, tobacco and other drugs
- Your eating habits and how much you exercise
- Stress in your life
- How safe you feel where you live
- The health record of the baby's father





Your doctor will give you a checkup, do some tests and offer help.

The doctor may:

- Check your height, weight and blood pressure
- Do a physical exam, along with a pelvic exam
- Take a urine sample for tests
- Take blood to test for low iron and other infections
- Give pre-birth vitamins
- Give needed shots, such as Tdap, flu, and more
- Teach you about what to expect when you're pregnant

Later Pre-Birth Visits

The next visits take less time. Your doctor may:

- Check your hands, feet and face for swelling
- Listen to the baby's heartbeat (starting as early as week nine)
- Do an ultrasound (often at weeks 18 to 20)
- Test for diabetes (often at weeks 24 to 28)
- Measure the size of your womb
- Ask about the baby's movement

You will probably see your doctor every four weeks for the first 28 weeks of pregnancy. After that, you will see the doctor every two weeks until 36 weeks of pregnancy, and then every week until your baby is born. Bring a list of questions to each visit.





After Giving Birth

If you have a C-section, you may have two checkups. One at two weeks and one at six weeks after you give birth. It is best for you to see your doctor about six weeks after the birth.

Your doctor will:

- Do an exam
- Do follow-up tests, if needed
- Give shots, if you need them
- Ask about nursing or breast feeding

The doctor may also ask if you are feeling low, have lost interest in usual activities, have a problem caring for your baby and/or have a problem focusing or making decisions.

Based on your health and the health of your unborn baby, your doctor may want to see you more often and do more testing.

The recommendations are based on information from The American College of Obstetricians and Gynecologists. The recommendations are not meant as medical advice. Talk to a doctor or other health care professional. Please check with your doctor for advice on the recommendations given to you.

Sources: Guidelines for Perinatal Care, Seventh Edition, American Academy of Pediatrics and The American College of Obstetricians and Gynecologists

Blue Cross and Blue Shield of Illinois complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at 1-877-723-7702 (TTY/TDD: 711). Someone who speaks English/Language can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 1-877-723-7702 (TTY/TDD: 711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Polish: Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer 1-877-723-7702 (TTY/TDD: 711). Ta usługa jest bezpłatna.