

PRENATAL CARE

Prenatal care is health care and checkups during pregnancy that help keep you and your baby healthy. It includes visits to your doctor and prenatal tests to prevent and detect health problems. This can reduce the risks of complications during pregnancy.

LIVING A HEALTHY LIFESTYLE IS AN IMPORTANT PART OF PRENATAL CARE

Balanced nutrition

- Choose a variety of fruits, vegetables, cereals, whole grains, low-fat dairy products.
- Limit the amount of caffeine you consume, whether in coffee, tea, or soft drinks. Avoid energy drinks.
- Take your prenatal vitamins every day.

Important nutrients

- **Folic acid:** beans, fortified cereals, dark green vegetables
- **Iron:** meats, beans, fortified cereals, dark green vegetables
- **Calcium:** dairy products (milk, yogurt, cheese, etc.), dark green vegetables, canned salmon
- **Vitamin D:** dairy products and fortified cereals, salmon

Healthy weight

- Talk to your doctor about how much weight you should gain.

Medicines

- Do not take any medicine without first consulting your doctor.

Oral health care

- Visit your dentist during pregnancy.
- Use dental floss.
- Brush your teeth after every meal.



Physical activity

- Physical activity during pregnancy helps relieve constipation and back pain, helps you sleep better, and strengthens the muscles you will use during labor.
- Get at least 30 minutes of physical activity every day. Talk to your doctor about how much and what type of exercise you should do.

Avoid alcohol and tobacco

- Smoking or exposure to cigarette smoke is dangerous to the health of the pregnant woman and her baby.
- If you have problems with alcohol, smoking, or drugs, seek help.

Emotional health

- It is normal during pregnancy to feel overwhelmed, sad, or anxious.
- Resting and doing activities you enjoy can help you feel better.
- Talk to your doctor if you find it difficult to manage these emotions.

WHEN TO CALL THE DOCTOR?

- If you have a fall
- You have severe abdominal pain, fever, chills, painful urination, or vaginal bleeding.
- You notice little or no movement of the baby from the second trimester of pregnancy
- You have symptoms of preterm labor.



For guidance and assistance, call the
PSM Beneficiary Service
1-866-600-4753 / 1-844-726-3345 TTY (hearing impaired)
This call is free of charge.

www.MenonitaVital.com

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References:

- <https://www.womenshealth.gov/>
- <https://nida.nih.gov/>
- <https://www.nichd.nih.gov/ncmh/ncmh/initiatives/moms-mental-health-matters/moms>