

Family Life Planning Kit

Member Services

1-844-521-6941 (TTY 711)

24/7 NurseLine

1-866-864-2544 (TTY 711)

www.myhealthybluelouisiana.com

Do you need help with your healthcare, talking with us, or reading what we send you? Call us toll free at 1-844-521-6941 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su atención médica? ¿Necesita ayuda para leer lo que le enviamos o para hablar con nosotros? Llámenos al número gratuito 1-844-521-6941 (TTY 711) para conseguir esta información sin costo en otros idiomas o formatos.

Healthy Blue is the trade name of Community Care Health Plan of Louisiana, Inc., an independent licensee of the Blue Cross and Blue Shield Association.

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Whether you're actively trying to have a baby, thinking about it or not ready yet, taking care of your body will help you live the life you want.

Being healthy prior to becoming pregnant is the best way to prepare for a healthy pregnancy. A healthy pregnancy is one of the best ways to promote a healthy birth.



This Family Life Planning Kit contains the following healthy resources:

Digital pregnancy test

- Be sure to read the enclosed instructions before you use the test.
- If the pregnancy test shows you're pregnant, you'll have many decisions to make. The first step is to call your provider and schedule an appointment to confirm you're pregnant.
- If the pregnancy test shows you aren't pregnant — and you aren't trying to become pregnant — check with your provider to see what form of contraceptive is best for you.

Prenatal multivitamins

- Birth defects of the brain and spine happen in the early stages of pregnancy, often before you even know you're pregnant. Folic acid can help prevent many of these birth defects.
- You can get the folic acid you need by taking a vitamin every day. Women who can get pregnant need 400-800 micrograms (mcg) of folic acid every day, even if they're not planning to get pregnant.
- Most multivitamins have at least 400 mcg of folic acid. Prenatal vitamins often have between 400 and 800 mcg.

Condoms

- Intrauterine devices and implants are the most effective methods for preventing pregnancy. However, they don't protect against sexually transmitted infections (STIs).
- Using condoms can lower your risk of getting an STI during sex.

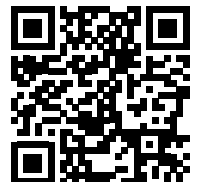
OFF! Deep Woods Insect Repellent Towelettes (25% DEET)

- Individually wrapped wipes give you up to eight hours of protection from getting the Zika virus from mosquito bites where you apply it.

Additional items

- Information on things to consider if you are sexually active:
 - Birth control that's right for you
 - Long acting reversible contraception flier
 - Are you ready for pregnancy?
 - Zika virus and you

*These materials are also located on our website. Please visit www.myhealthybluela.com. Or scan here with your smartphone:



When you see your health care provider, always talk about preconception health care — whether you're planning to get pregnant or not.

- Preconception health care is the medical care a person receives to increase their chances of having a healthy baby.
- Everyone is different. Your care will be based on your needs.
- If you're not planning to get pregnant, you'll want to use effective birth control. Talk to your doctor about the birth control method that is right for you.
- Need help finding a provider? Call Member Services at 1-844-521-6941 (TTY 711) from 8 a.m. to 8 p.m.



If you've just had a baby and are thinking about having another baby someday, it's best to wait at least 18 months between giving birth and getting pregnant again.

This is known as birth spacing. Too little time between pregnancies will increase your risk of a premature birth. Your body also needs time to fully recover from the last pregnancy before it is ready for your next one. Talk to your provider about birth control options.

As soon as you think you're pregnant, call your provider and schedule a visit. Your first prenatal visit should be within 12 weeks of your first missed period.

After confirming your pregnancy with your doctor, make an appointment with your provider for your first prenatal checkup.

- The first trimester of pregnancy refers to the first three months of your pregnancy (week 1-week 14). A healthy first trimester is extremely important to the normal development of your baby. You may not be showing much on the outside, but inside, your baby's major body organs and systems are forming.
- The first prenatal visit is the most thorough and will include:
 - A complete medical history
 - A physical exam
 - Certain tests and procedures to check the health of mother and baby

Healthy Blue offers more benefits to help you stay healthy during your pregnancy. Call Member Services at 1-844-521-6941 (TTY 711) from 8 a.m. to 8 p.m. if you'd like to learn more about:

- Rewards for going to your prenatal care visit in the first trimester
- Free infant car seat or portable crib for going to seven or more prenatal visits
- A texting and mobile app for pregnant women
- Case management services



If you need help finding an OB/GYN provider or are having trouble scheduling an appointment for a well-woman exam or prenatal care, call Member Services at 1-844-521-6941 (TTY 711).



Want more information on preconception health, having a healthy pregnancy or preventing pregnancy? Here are some helpful resources:

American Pregnancy Association

<http://americanpregnancy.org>
Phone: 1-202-638-5577

CDC Centers for Disease Control and Prevention: Pregnancy

www.cdc.gov/pregnancy/index.html
Phone: 1-800-CDC-INFO (1-800-232-4636)

CDC Center for Disease Control and Prevention: Preconception Health and Health Care

www.cdc.gov/preconception/planning.html

Eunice Kennedy Shriver National Institutes of Child Health and Human Development - What is prenatal care and why is it important?

<https://www.nichd.nih.gov/health/topics/pregnancy/conditioninfo/Pages/prenatal-care.aspx>
Phone: 1-800-370-2943

John Hopkins Medicine: Pregnancy, First Trimester

www.hopkinsmedicine.org/healthlibrary/conditions/pregnancy_and_childbirth/first_trimester_85,P01218



March of Dimes

www.marchofdimes.org
Phone: 1-914-997-4488

Office on Women's Health, U.S. Department of Health and Human Services

www.womenshealth.gov
Phone: 1-800-994-9662

Womenshealth.gov: Prenatal Care Fact Sheet

www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.html#f

Womenshealth.gov: Pregnancy tests

www.womenshealth.gov/publications/our-publications/fact-sheet/pregnancy-test.html

Womenshealth.gov: Folic acid fact sheet

www.womenshealth.gov/publications/our-publications/fact-sheet/folic-acid.html

Womenshealth.gov: Practice safer sex

www.womenshealth.gov/hiv-aids/preventing-hiv-infection/practice-safer-sex.html

