

***Healthy Habits Count for  
You and Your Baby***

## ***Important Information***

<b>BlueChoice HealthPlan of South Carolina Medicaid Prenatal Program</b> . . . . .	<b>1-866-470-6261</b>
TTY . . . . .	<b>1-866-773-9634</b>
<b>MedCall® 24-Hour Nurse Help Line</b> . . . . .	<b>1-866-577-9710</b>
Call this number to talk in private with a nurse. You may call this toll-free line 24 hours a day, seven days a week. You may call this line to get a person to translate for you.	
TTY . . . . .	<b>1-800-368-4424</b>
<b>BlueChoice HealthPlan Breastfeeding Support Line</b> . . . . .	<b>1-800-231-2999</b>
TTY . . . . .	<b>1-800-368-4424</b>
<b>Women, Infants and Children (WIC) Program</b> . . . . .	<b>1-800-868-0404</b>
<b>Customer Care Center (BlueChoice HealthPlan Medicaid)</b> . . . . .	<b>1-866-781-5094</b>
Call this number if you want to know more about BlueChoice HealthPlan, your health plan.	
TTY . . . . .	<b>1-866-773-9634</b>
<b>Relay South Carolina TTY</b> . . . . .	<b>1-800-735-8583 or 711</b>
Members who have hearing or speech loss may call this toll-free line to work with a trained person who can help them speak to a person who uses a normal phone.	
<b>South Carolina Medicaid Help Line</b> . . . . .	<b>1-888-549-0820</b>
Call this toll-free line for these reasons:	
<ul style="list-style-type: none"><li>• If you move.</li><li>• If you have changes to your health insurance.</li><li>• If you want to know more about services BlueChoice HealthPlan does not cover.</li></ul>	
<b>Healthy Connections Choices Enrollment Broker</b> . . . . .	<b>1-877-552-4642</b>
Call this toll-free line to choose a primary care provider for your baby.	
<b>National Tobacco Quitline</b> . . . . .	<b>1-800-QUITNOW or 1-800-784-8669</b>
<b>National Clearinghouse for Alcohol and Drug Information</b> . . . . .	<b>1-800-729-6686</b>
<b>National Council on Alcoholism and Drug Dependence</b> . . . . .	<b>1-800-622-2255</b>
<b>National Poison Control Center</b> . . . . .	<b>1-800-222-1222</b>
(Calls are sent to the closest office.)	
Call this number to talk with a nurse or doctor and get free poison control advice and treatment.	
You may call this toll-free line 24 hours a day, seven days a week.	
<b>Emergency</b> . . . . .	<b>911</b>

BlueChoice HealthPlan of South Carolina  
P.O. Box 100148  
Columbia, SC 29202-3148

TTY lines are only for members with hearing or speech loss.

We can translate this at no cost. Call the customer service number on your member ID card.  
Podemos traducir esto gratuitamente. Llame al número de servicio de atención al cliente que aparece en su tarjeta de identificación (ID card).

## **First Trimester**

- 1 Welcome to the Healthy Habits Count for You and Your Baby Prenatal Program!
- 2 Prenatal Visits
  - Questions
  - Problems
  - Preterm Birth
- 2 Fetal Development
- 3 Is Your Baby at Risk?
- 3 Do you need an HIV/AIDS Test?
- 4 Healthy Eating
- 5 Healthy Habits
- 5 Women, Infants and Children (WIC)
- 6 The Food Guide Pyramid
- 7 Portion Size
- 8 Folic Acid
- 8 Better Health for Mother and Baby
- 9 Hidden Dangers in Everyday Life
  - Raw Fish, Meat and Eggs
  - Food Hygiene Is Important
  - Cat Litter Boxes
  - Lead
  - Hot Tubs, Saunas and Steam Rooms
- 10 Tobacco and Smoking – Why Quit?
  - Benefits for Your Baby
  - Benefits for You
  - Facts about Quitting During Pregnancy
  - Changing Your Daily Habits
  - Keeping Your Hands and Mouth Busy
  - Coping with Withdrawal
  - Dealing with Others Smoking Around You
  - Setting a Quit Date
  - After Your Baby is Born
- 14 Substance Abuse in Pregnancy
  - Even a Little Is Too Much
  - Alcohol
  - Drugs
  - Marijuana
  - Cocaine/Crack
  - Heroin
- 15 Warning Signs



## **Second Trimester**

- 16 Welcome to Your Second Trimester!
- 16 Fetal Development
  - Where Does the Extra Weight Come From?
- 17 Nutrition Know-How
  - Seven Parts to Healthy Eating
- 17 What is Gestational Diabetes?
  - When Should I Be Tested?
  - Prevention and Treatment
  - Will GDM Go Away
- 18 Fit for Pregnancy
- 19 Support Team
  - For Your Family, Friends, and Dad-to-Be
- 19 Warning Signs

## **Third Trimester**

- 20 Welcome to Your Third Trimester!
- 20 Fetal Development
- 21 Fetal Kick Count
- 21 Here's How to Count Your Baby's Kicks
- 21 Getting Ready for Baby
  - Other Useful Items
- 22 Warning Signs

## **Labor and Delivery**

- 23 As the Birth Gets Closer
  - Braxton-Hicks Contractions or False Labor
  - A Bloody Show
  - Bag of Water Breaks
- 23 Signs of Labor
- 24 Stages of Labor
  - Stage I
  - Stage II
  - Stage III
- 24 Are You Ready for Your Special Delivery?
- 25 Getting to the Hospital
- 25 What to Include in Your Hospital Bag



## **Breastfeeding**

- 26 Breastfeeding Your Baby
  - From Your BlueChoice HealthPlan Medical Director
- 26 Why Breastfeed?
  - Human Milk Is Best for Human Babies
  - Breastfed Babies Are Healthier
  - Breastfeeding Helps Mothers Recover from Labor and Delivery
  - Breastfeeding Keeps Women Healthier
  - Breastfeeding Costs Less
- 27 What You Should Know About Breastfeeding
- 27 Taking Care of Yourself
- 28 What You Should Know About Breastfed Babies
- 28 The First Few Days
- 28 How to Tell if Your Baby Is Getting Enough Milk
- 29 BlueChoice HealthPlan Breastfeeding Support Line
  - How to Use the Breastfeeding Support Line

## **Postpartum Care**

- 30 After Your Baby Is Born
- 30 Postpartum Care and Your Baby's First Medical Visits
  - Postpartum Care
  - Cesarean Sections
  - Your Baby's First Medical Visits
- 31 New Baby Checklist

## **Infant Care**

- 32 Sudden Infant Death Syndrome (SIDS)
- 32 Baby Safety Tips
  - In the Bathroom
  - In the Kitchen
  - Windows
  - Stairs
  - Your Baby's Crib
  - In the Car
  - In the Yard

## **Check What You Know**

- 34 Quiz

## **Helpful Items**

- 35 Prenatal Education Program
  - Pregnancy Reminders
- 36 Doctor Visit Checklist
  - Before the Visit
  - During Your Doctor Visit
  - After the Visit
- 37 MedCall® – 24-Hour Nurse Help Line
- 38 MedCall Audio Topics in Spanish and English
- 43 Footnotes





## ***Welcome to the BlueChoice HealthPlan Healthy Habits Count for You and Your Baby Program!***

We are glad to be a part of this special time in your life.

We are sending you this book as part of BlueChoice HealthPlan of South Carolina's **Healthy Habits Count for You and Your Baby** program. It is filled with information that can help you have a healthy baby. This book is your tool to a healthy pregnancy. Remember to bring it to all of your primary care provider (PCP) visits.

This book will help you learn about pregnancy and childbirth. It does not replace prenatal care from a doctor or midwife. You need to see your prenatal PCP regularly.

The nine months or 40 weeks of pregnancy are divided into three parts. These parts are called "trimesters."

First trimester = month 1 through month 3, weeks 1 – 13

Second trimester = month 4 through month 6, weeks 14 – 27

Third trimester = month 7 through month 9, weeks 28 – 40

If you have questions about our **Healthy Habits Count for You and Your Baby** program, refer to the Prenatal Program phone number. This number is found under "Important Information" on the inside of the front cover. Please know that your PCP is your best source for health care information.

Our best wishes for you and your new baby!

This information is being provided for general information purposes only and is not the practice of medicine or a substitute for the independent medical judgment of a treating physician. Only a treating physician can determine what treatment is appropriate for a patient.

## **Prenatal Visits**

Every prenatal appointment is important!

One of the first steps to having a healthy baby is to make regular visits to your primary care provider (PCP) before your baby is born. As soon as you know you are pregnant, you should choose a PCP and begin your prenatal checkups.

These prenatal visits are an important part of your prenatal care. Your PCP probably will want to see you for checkups once a month. Near the end of your pregnancy, you may see your PCP more often.

At each appointment your PCP will:

- Check your baby's growth, heart rate and movement.
- Check your weight and blood pressure.
- Test for signs of health problems.
- Discuss any concerns or problems you might have.

## **Questions<sup>1</sup>**

This is a good time to ask questions. Look in the back of this book for a list of questions to ask your PCP. Write your own questions on this list. Take this book with you to your PCP.

## **Problems**

Sometimes there are problems. Remember, problems are easier to treat when found early.

## **Preterm Birth<sup>2</sup>**

Your PCP will check for signs that your baby might be born too soon (before the 37th week of your pregnancy). Your PCP can help you stay healthy so your baby is not born too early.

## **Fetal Development<sup>3</sup>**

It is important to take care of yourself during the first few months of your pregnancy. This helps the baby grow right. The first trimester is from your first month through your third month of pregnancy. During the first 8 weeks, the baby is called an embryo. An embryo develops fast. By the end of the first 3 months, it becomes a fully formed fetus. All major organs and systems are formed. At this time, the fetus can be 3 to 4 inches in length and can weigh one-half to 1 ounce.

Just as kids grow at different speeds, fetuses do, too. The following lists give general growth and development guides.

After 4 weeks:

- Brain, spinal cord and heart start to form.
- Eyes and ears start to form.
- Tiny buds that will be arms and legs appear.
- Heart is beating.
- Embryo is one-fourth inch long.

After 8 weeks:

- Jaw, lungs, nose and palate start to form.
- Brain, spinal cord and heart continue to form.
- Heartbeat can be seen on an ultrasound.
- Tooth buds start to form in the mouth.

During weeks 9 to 12:

- External genital organs develop.
- Fingernails and toenails appear.
- Arms and legs are fully formed.
- Eyelids are formed.

During the first trimester, the baby can be hurt very easily if you drink alcohol, use tobacco, take certain medicines, or have an illness like rubella. Talk to your PCP if you have any concerns or need help breaking a habit.

### Is Your Baby at Risk?

The food you eat, drugs you take, and things you do can affect your unborn baby. Take this short quiz to see if you are putting your baby at risk.

**Yes No**

- I have a sexually transmitted disease.
- I have HIV or AIDS.
- I have hepatitis.
- I use drugs.
- I drink alcohol.
- I live or work with others who smoke.
- I have diabetes.
- I have high blood pressure.
- I change a cat's litter box.
- I eat raw fish.
- I, or a family member of mine, is exposed to lead, radiation or toxic industrial chemicals.
- I must stand all day at work.
- I must sit all day at work.
- I eat lots of sugary and salty foods.
- I am a domestic violence victim.
- I have a family history of genetic diseases.

Did you answer "YES" to any of these questions? If so, discuss these questions with your doctor at your next prenatal visit. Be honest, so your PCP can give you all of the help you need.

### Do You Need an HIV/AIDS Test?<sup>4</sup>

At your first visit, your primary care provider may do lab tests. These tests check for problems or illnesses that can affect you and your baby.

Your PCP wants to know if you have HIV. HIV is the virus that causes AIDS. You will be tested even if you know you don't have HIV.

If you have HIV, your baby may be born with HIV. When HIV is found early in pregnancy, a mother can take medicine to lower the risk of her baby having HIV.



### **Healthy Eating** <sup>5</sup>

Eating the right foods may already be important to you, but it's even more important when you're pregnant. Your baby's health will depend on your good health.

There's no magic to staying healthy – it's quite simple. All it takes is exercise and eating the right foods.

When you eat right, you provide good nutrition for your baby. Your baby needs certain nutrients to help form bones, muscles and organs. The only way your baby can get these nutrients is from the foods you eat and the prenatal vitamins you take.

Eating the right foods help you, too. Your body also needs vitamins and minerals while you are pregnant. As your baby grows inside you, your body will need to make more blood. You will need more iron in your diet. Eating well gives you the extra energy you need while you carry your unborn child.

In the early months, you may not feel like eating much or you may feel nauseous (morning sickness). Try to eat a lot of small meals during the day and never let yourself get hungry. Doing this can help with morning sickness.

Gaining weight is normal when you are pregnant. If you're already overweight, or afraid you're gaining too much weight, be aware that this is not the time to go on a diet. Following many of the popular diets may not give you enough iron or folic acid.

If you were at a normal weight when you got pregnant, you should gain between 25 and 35 pounds. If you were underweight, you can gain a little more. Try to gain weight slowly. You shouldn't gain much weight in the first trimester. In the third trimester, when the baby grows the most, you can expect to gain more weight – about 1 pound each week.

Although you are eating for two and weight gain is normal, gaining too much weight is not good. You only need to add about 300 extra calories a day to your diet while you are pregnant. Try to keep your total calories between 1,800 and 2,200 each day.

For more information on eating the right foods, contact the Women, Infants, and Children (WIC) Program. This phone number is listed at the front of this book under "Important Information."

## Healthy Habits

The best gift you can give your baby is good health. You can start giving this gift right now, before your baby is born, by being healthy yourself. This is easy if you make good health a habit.

### Do you have healthy habits? Take this quiz and find out.

Yes No

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I eat healthy by eating food from all five food groups every day.       |
| <input type="checkbox"/> | <input type="checkbox"/> | I drink at least 8 glasses of water a day.                              |
| <input type="checkbox"/> | <input type="checkbox"/> | I always wear a seat belt when I drive or ride in a car.                |
| <input type="checkbox"/> | <input type="checkbox"/> | I avoid smoking cigarettes.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I avoid drinking alcohol.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I avoid taking drugs, except for those my doctor prescribes.            |
| <input type="checkbox"/> | <input type="checkbox"/> | I get plenty of rest – at least 7 hours each night.                     |
| <input type="checkbox"/> | <input type="checkbox"/> | I get plenty of regular exercise – 30 minutes, at least 3 times a week. |
| <input type="checkbox"/> | <input type="checkbox"/> | I avoid secondhand smoke.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I practice safe sex.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I keep all my prenatal appointments with my primary care provider.      |

If you answered “NO” to any of these questions, you may need to make some changes to ensure that your baby has a healthy start.

- Ask your PCP how you can have healthier habits.
- Make a list of the things you need to change.

Forming new, healthy habits is not always easy. If you have a hard time changing bad habits, turn to people who can help. Talk to your doctor.

### **Women, Infants and Children (WIC)**<sup>6</sup>

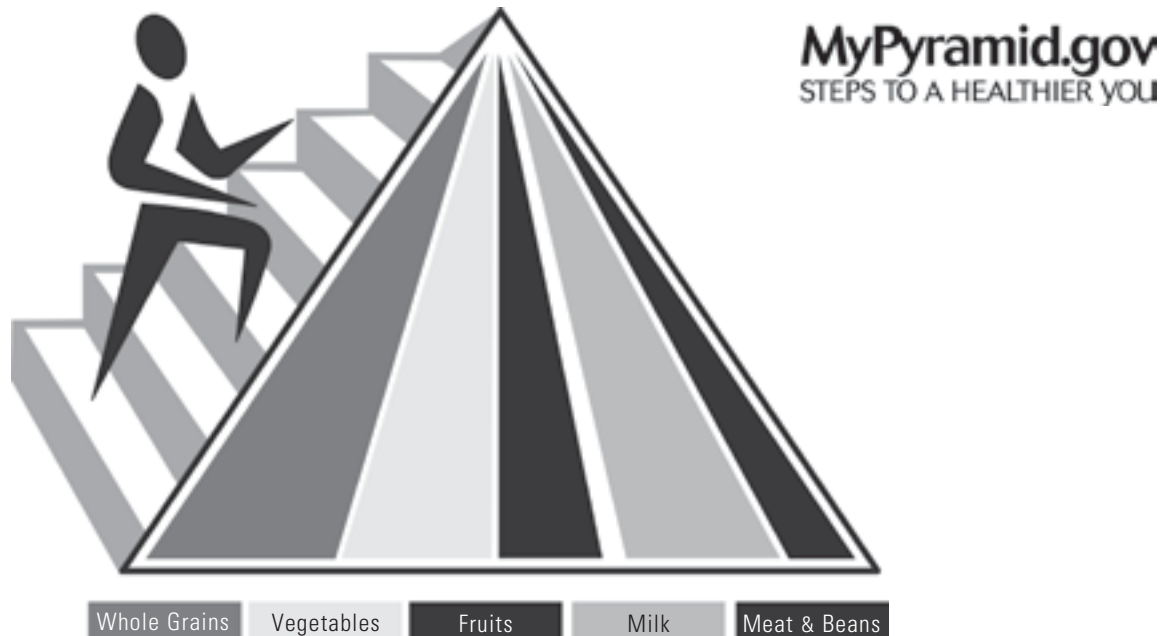
The WIC program can give you nutritious foods if you qualify. WIC also teaches pregnant women, new mothers, and young children about eating right and staying healthy. Your PCP can help you sign up.



**The Food Guide Pyramid<sup>7</sup>**

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The pyramid calls for eating a variety of foods from different groups to get the nutrients you need and eating the right amount of calories to maintain a healthy weight.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group cannot replace those in another. No one food group is more important than another. You need them all for good health.



**Do you know what to eat each day? Use the food pyramid to help you.**

Whole Grains	Eat brown rice, whole wheat bread, and whole grain cereal.
Vegetables	Eat different dark greens, carrots, peas, and potatoes.
Fruits	Eat a variety of fruits – fresh, frozen, canned, or dried are the best. Try bananas, apples, oranges, strawberries, and watermelon.
Milk	Eat foods with calcium. Go for low-fat or fat-free milk, yogurt, and cheese.
Meat and Beans	Eat lean meats and beans. Try to eat fish, beans, peas, nuts, and seeds.
Oils	Do not eat too much oil and fat. Limit solid fats like butter, stick margarine, shortening, and lard.
Activity	The STAIRCASE tells you to be active most days of the week.

Eat more foods from the Whole Grains, Vegetables, Fruits, Milk, and Meat and Beans groups than from the Oils group. For more information, visit the food pyramid website at [www.MyPyramid.gov](http://www.MyPyramid.gov).

SOURCE: U.S. Department of Agriculture (USDA)  
 USDA does not endorse any products, services, or organizations.

## Portion Size<sup>8</sup>

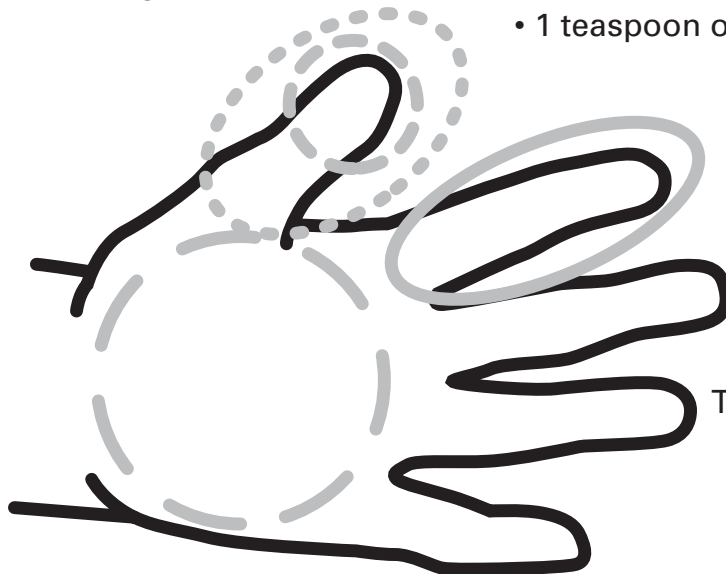
Eating the right portion size of food is just as important as eating the right foods. You can use your hand to measure your food. Measuring helps you eat just enough of each food group. Try the simple portion guide below. It can help you eat just the right amount of food.

### A WHOLE THUMB equals

- 2 tablespoons or 1 ounce
- 2 servings of peanut butter
- A half serving of cheese

### The TIP OF A THUMB equals

- 1 teaspoon of oil or butter



### A FINGER LENGTH equals

- The width across one serving of fruit

### The PALM OF A HAND equals

- 1 to 2 servings of meat, fish, or chicken
- 1 serving of nuts or beans



### A CLOSED FIST equals

- 1 cup
- 2 servings of cooked vegetables or pasta

### **Folic Acid<sup>9</sup>**

There are good reasons to eat fruits and vegetables each day. Fruits and vegetables have folic acid. Folic acid also is known as folate. This is a “B” vitamin that helps prevent brain and spinal defects in your baby. This is why it is very important to eat fruits and vegetables while you are pregnant.

The brain and spinal cord start to form in the first few weeks of pregnancy. That is why it is important to start taking folic acid and eating foods that have it as soon as possible. You should get at least 400 micrograms of folic acid each day when you are pregnant.

Folic acid helps your baby’s cells grow and divide the right way. You can get folic acid from these foods:

- Dark green leafy vegetables – spinach, broccoli and asparagus
- Fruits – cantaloupe, bananas, oranges and pineapple
- Nuts – peanuts, sunflower seeds, walnuts and almonds
- Beans

Some women may not be able to get enough folic acid from the foods they eat. This is why prenatal vitamins are important. Prenatal vitamins contain the folic acid you need.

### **Better Health for Mother and Baby<sup>10</sup>**

- Avoid alcohol.
- Avoid drinks with caffeine. These include coffee and soft drinks.
- Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish and some dark green vegetables.
- Eat 2–3 servings of meat, fish, eggs or dried beans every day for protein.
- Eat a mix of 5–9 servings of fruits and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal. You can choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch, and broccoli and salad with dinner.
- Eat 6–11 small servings of whole grains every day. These are important for health and energy. These include whole wheat bread and brown rice.
- See your doctor early in your pregnancy.
- Make sure you gain the right amount of weight while you are pregnant. For most women, this will be 25–35 pounds. Talk to your PCP if you have any questions.

### **Hidden Dangers in Everyday Life <sup>11</sup>**

#### **Raw Fish, Meat and Eggs**

Eating raw or undercooked fish, eggs, meat, chicken or shellfish (shrimp, clams or oysters) may harm your unborn baby. When they are raw, these foods contain germs (bacteria, viruses and parasites). These germs only can be killed when the food is fully cooked.

#### **Food Hygiene Is Important**

Wash all fruit, vegetables and salads well. After you touch raw meat, make sure to wash your hands with warm water and soap.

#### **Cat Litter Boxes**

If you have a cat, someone else should clean the litter box while you are pregnant. Cat feces can have parasites. Parasites are bugs that are too small to see. They can infect you if you come in contact with them. These parasites can cause your baby to have birth defects. Wear gloves if you garden outside since cats may roam there.

#### **Things to Remember While Pregnant**

- Avoid raw fish, raw meat and uncooked eggs.
- Use gloves if you work in a garden where cats roam.
- Avoid paint.
- Check “sell by” and “best before” dates on all food and drinks.
- Always wash your hands after you handle animals.

#### **Lead**

Lead can be in household dust, air or water. Paint in older buildings may contain lead. It’s easy to breathe paint dust without knowing it. It’s easy to eat tiny chips of paint without knowing it. Lead can cause brain defects in babies and children.

The pipes in old houses may have lead that can get into water. If you think your home has lead pipes, let the water run for a few minutes before drinking it. You also may want to drink bottled water.

Lead may be found in some factories where painting and soldering are done. If you work where lead may be present, ask for another job while you are pregnant.

#### **Hot Tubs, Saunas and Steam Rooms**

Hot water in hot tubs, saunas and steam rooms can cause your body temperature to get too hot. This can harm your baby. It is best to avoid them while you are pregnant.



## **Tobacco and Smoking – Why Quit? <sup>12</sup>**

### **Benefits for Your Baby**

If you quit smoking while you are pregnant, you:

- Increase your chances of having a healthy baby of normal weight.
- Lower the risk that your baby will be born too early.
- Increase the chances your baby will come home from the hospital with you.
- Increase the amount of oxygen your baby will get.
- Increase the chances your baby's lungs will work well.

Carbon monoxide and other chemicals from cigarettes get into the baby's blood. They can harm the baby and limit the baby's growth.

### **Benefits for You**

Quitting smoking while you are pregnant:

- Reduces your risk of getting a smoking-related disease.
- Gives you more energy.
- Helps you breathe easier.
- Saves you money that you can spend on other things.
- Makes your clothes, hair and home smell better.
- Makes your food taste better.
- Makes you feel good about what you've done for your health and your baby's health.

Quitting smoking early in pregnancy is best. To quit at any time will help you and your baby. It is never too late to quit while you are pregnant.

Your prenatal health care team can tell you more about the benefits you and your baby get if you quit. Your health care team also can help you use the tips in this booklet as part of a quit smoking plan for you.

### **Facts about Quitting During Pregnancy**

Many pregnant women try to cut down the number of cigarettes they smoke instead of quitting. Cutting down to less than five cigarettes a day can reduce your risk. But quitting is the best thing you can do for you and your baby.

- After just one day of not smoking, your baby will get more oxygen. Each day that you don't smoke, you help your baby grow.
- In the first few weeks after you quit, cravings and withdrawal symptoms may be the strongest. You can reduce cravings for a cigarette by keeping your hands, mouth and mind busy.
- Withdrawal symptoms are often signs that your body is healing. They are normal and will lessen in a couple of weeks.
- Weight gain during pregnancy is normal. If you are worried about gaining weight when you quit smoking, now is a good time to quit. The weight you gain is not as bad for you as the risk you take by smoking.

If you are thinking about quitting, it helps to prepare. The next few pages will guide you.



## Changing Your Daily Habits <sup>13</sup>

List three daily habits you can change to cut your chances of smoking.

Instead of smoking when I:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I will try to do this:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Examples of possible changes:

If you smoke when you:	Try to do this:
Drink coffee	Have hot chocolate or herbal tea.
Finish a meal	Get right up, take a walk, or go into another room.
Watch TV	Do something else with your hands (start a craft) and mouth (chew gum, eat a hard candy).
Need to relax or take a break	Take a nonsmoking break or walk; take a bubble bath; call a friend; do your nails; ask a friend to babysit for 30 minutes — even if you stay home.

## Keeping Your Hands and Mouth Busy

List four things you can do with your hands and mouth instead of smoking.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Some ways to keep your hands and mouth busy:

Your hands.	Your mouth.
Knit or sew.	Chew gum.
Play with a rubber band.	Eat some fresh fruit.
Hold a pen or pencil.	Use a straw or toothpick.
Draw or doodle.	Suck on hard candy.
Squeeze a soft rubber ball.	Try a cinnamon stick.
Work on a craft project.	Sip water or juice.
Decorate your baby's room.	Have a frozen fruit bar.
Massage your fingers or hands.	Eat some popcorn.

*"I didn't think quitting smoking was that difficult once I set my mind to it and said, 'O.K., I'm going to set them down. Before, I'd never really had a reason, and being pregnant really gave me a reason to want to quit because I didn't want my son to have a low birth weight and I sure didn't want him to be born early."*

—Emily, who quit smoking during pregnancy

**Coping with Withdrawal <sup>14</sup>**

Some people have withdrawal symptoms for a few weeks after they quit. Going through withdrawal is your body’s normal reaction to quitting.

Here are some examples of common withdrawal symptoms and some ways to cope with them.

<b>Withdrawal symptom:</b>	<b>Try doing this:</b>
Feeling grumpy	Tell others it’s a withdrawal symptom; be easy on yourself; go for a walk.
Cough and sore throat	Take cough drops; sip warm tea.
Hunger	Eat low-fat snacks like fruit, popcorn or pretzels; suck on hard candy; drink lots of water.
Dizziness and headaches	Get fresh air; sit when you feel dizzy; take a nap.
Hard time paying attention	Take a walk; work in short bursts rather than for long periods; get lots of sleep.
Constipation	Eat more fruit, veggies and bran; drink lots of water.

**Dealing with Others Smoking Around You**

Being around someone while he or she smokes puts you at high risk to have a cigarette. You are at high risk because you see and smell cigarettes that are right there within reach. Think about ways to handle these times.

- Ask others not to smoke around you now that you’re pregnant and have made up your mind to quit.
- Ask friends and family to help by not smoking in the house.
- Make some of the rooms in the house, like the baby’s room, off-limits for smoking.
- Make your car a nonsmoking area; ask smokers not to smoke in your car.
- Leave the room when others light a cigarette.
- Plan ways to distract yourself when someone else is smoking.
- Keep your hands and mouth busy.
- Spend more time in smoke-free places.

*“I try to do things to keep my mind off smoking. I take my son for a walk, read a book, or find something to work on.”*

—Florence, who quit smoking during pregnancy



*"I've learned to occupy my hands and mouth with finger foods, carrot sticks, little pieces of apple, popcorn, Tootsie Pops®, and jelly beans.... Jonathan and I finger paint, which is very messy, but it's better than holding a cigarette."*

— Tamar, who's trying to quit smoking during her pregnancy

### Setting a Quit Date

You are now ready to set a Quit Date. Pick a day coming up soon.

MY QUIT DATE IS: \_\_\_\_\_

The day before your Quit Date, get rid of your cigarettes and ashtrays. Review your quit plan in this booklet to remind you of:

- Your reasons for quitting.
- How you will change your daily habits.
- How you will keep your hands and mouth busy.
- How you will deal with negative feelings.
- How you will cope with withdrawal.
- How you will deal with those who smoke around you.
- How you will reach out for help from your prenatal care team, family and friends.
- Who else you have asked to help you.
- How to pamper and make yourself feel better.
- Doing something fun on your quit day.

### After Your Baby Is Born <sup>15</sup>

Staying smoke-free is the best thing you can do for you and your baby.

If you stay smoke-free after your baby is born, your baby will:

- Be at lower risk for sudden infant death syndrome (SIDS) or crib death.
- Get fewer chest colds, coughs and ear infections.
- Have fewer asthma and wheezing problems.
- Breathe better and grow better.
- Be less likely to become a cigarette smoker.

You will have more energy and fewer health problems, save money, and feel pride in your success.

Stay in touch with your PCP and talk with your baby's PCP about ways you can stay smoke-free and the methods that may work best for you after your baby is born.

**National Tobacco Quitline**

**1-800-QUITNOW**

**1-800-784-8669**

## Substance Abuse in Pregnancy<sup>16</sup>

### Even a Little Is Too Much

It's normal for a pregnant woman to worry about having a healthy baby. There are things you can do to help your baby be healthy.

The first thing you can do is avoid drugs, alcohol and smoking. Almost everything you eat, drink or breathe affects your baby – especially early in your pregnancy.

Like smoking, drugs and alcohol, even in small amounts, can harm your baby's body. The dangers of alcohol and drugs are described below.

### Alcohol

- No level of drinking during pregnancy has been found safe.
- Alcohol levels can be high and stay high in an unborn baby's blood.
- May cause miscarriage (the loss of a baby, usually in the first 10 weeks of pregnancy).
- Mother may have early and rapid labor.
- May cause stillbirth (the birth of a baby who is not alive).
- Baby could be born with fetal alcohol syndrome (FAS). FAS, one of the most common causes of mental retardation, can be prevented: Don't drink alcohol while you are pregnant.

### Drugs

When a pregnant woman takes illegal drugs, they affect her unborn baby. Taking drugs may make you feel good for the moment, but it can cause a lifetime of pain for your baby.

### Marijuana

- May be laced with other, harsher drugs.
- May cause the baby to be born too soon.
- May slow fetal growth.
- May cause baby to go through painful withdrawal.

### Cocaine/Crack

- Increases heart rate, high blood pressure, heart attacks and strokes.
- May cause the placenta to come apart from the uterus.
- May cause heavy bleeding in late term.
- Can cause a high risk of the loss of a baby, usually in the first 10 weeks of pregnancy.
- May cause stillbirth. Stillbirth is the birth of a baby who is not alive.
- May cause preterm or rapid labor.
- May cause the baby to be born addicted.
- May cause the baby to be born too small.
- May cause the baby to go through painful withdrawal.
- May cause the baby to have a hard time learning in life.

### Heroin <sup>17</sup>

- May cause the loss of a baby, usually in the first 10 weeks of pregnancy.
- Increases sudden infant death syndrome (SIDS) or crib death risk 10 times.
- May cause the baby to be born too small.
- May cause the mother's water bag to break too soon.
- May cause the baby to be born too soon.
- May cause stillbirth. Stillbirth is the birth of a baby who is not alive.
- May cause the baby to go through painful withdrawal.
- Mothers can get HIV from sharing needles. HIV can be passed on to the baby.
- Mothers should not stop cold turkey. That can hurt the baby. Talk to your doctor about treatment.

Some over-the-counter medicines can be harmful. Always ask your primary care provider (PCP) before taking any drug. If you smoke, drink or use drugs, be honest with your PCP. Talk to them so they can help you.

If you need help to quit smoking, drinking or using drugs, you can call one of these phone numbers:

**National Clearinghouse  
for Alcohol and Drug Information**

**1-800-729-6686**

**National Council on Alcoholism  
and Drug Dependence**

**1-800-622-2255**

### Warning Signs <sup>18</sup>

If you begin to have any warning signs, call your PCP right away. Warning signs can be:

- Bleeding from your vagina.
- Abdominal cramps.
- Headaches, dizziness or vision problems.
- Swelling of your hands, feet or face.
- Very fast weight gain.

Remember – you can talk to a nurse at MedCall 24 hours a day, 7 days a week. This phone number is listed at the front of this book under “Important Information.”



### Welcome to Your Second Trimester!

The second trimester is your fourth through sixth month, or weeks 14 through 27. This is an exciting time. You will start to feel your baby kick and move. This is a good time to find ways to share your prenatal experience with your partner.

Be sure to ask your PCP any questions you or your partner may have about your pregnancy or your baby. Your prenatal visit is a good time to talk to your PCP. Please go to all of your prenatal appointments.

### Fetal Development<sup>19</sup>

As you begin your second trimester, you will become more aware of the life inside you. It is during this time that you begin to feel your baby moving. Also, others may begin to notice that you are pregnant.

At the end of the first trimester, your baby will be fully formed. Some of the organs still will develop and others will begin to work. Your baby will grow a lot in the second trimester.

- Your unborn baby was about the size of a peanut when you first learned that you were pregnant.
- At the end of the first trimester, your baby will be about 4 inches long.

- One month later, your baby will be about 7 inches long and will weigh nearly one-half pound.
- When you reach the fifth month of pregnancy, your baby will be about 12 inches long and will weigh about 1 pound.
- By the end of the second trimester, at 6 months, your baby will be around 14 inches long and will weigh about 2 pounds.

Eyes continue to develop in the second trimester. Eyebrows and eyelashes start to appear in the fourth month. The eyes are almost fully formed with eyelids that open and close by the end of the sixth month.

Soft hair, called lanugo, starts to grow on your baby's body at the beginning of the second trimester. During the fifth month, the baby's skin is wrinkly and covered by a white coating called vernix. Hair begins to grow on the baby's head.

As your second trimester comes to an end, your baby will stay curled up with knees against the chest. Your baby can suck a thumb and may even get hiccups.

### Where the Extra Weight Comes From<sup>20</sup>

Baby's weight at birth	7 to 8 pounds
Uterus (womb)	2 pounds
Amniotic sac and fluid	2 pounds
Placenta	2 pounds
Breasts	1 to 4 pounds
Extra blood in your body	4 to 5 pounds
Other fluids	3 to 5 pounds
Fat – stored energy for birth and breastfeeding	4 to 6 pounds
<b>Total weight gain</b>	<b>25 to 34 pounds</b>

### **Nutrition Know-How<sup>21</sup>**

It is important to follow healthy eating habits when you are pregnant. These seven tools can provide proper nutrition for you and your baby.

#### **Seven Parts to Healthy Eating**

**Protein** – for muscle growth and organs, such as the heart, brain, stomach, uterus, liver and cells

**Carbohydrates** – for energy

**Fat** – for energy and cell growth

**Vitamins** – make organs, muscles, nerves and other body parts work right

**Minerals** – for healthy cell growth in bones, teeth and blood

**Fiber** – helps with food digestion and prevents certain diseases

**Water** – helps the entire body work properly

#### **What Is Gestational Diabetes?**

Pregnant women sometimes get a medical condition called gestational diabetes (also called GDM). GDM results in high blood sugar levels, which can cause health problems for you and your baby. You may go into labor too soon or need a cesarean section (C-section). Your baby may face health problems and need special care.

#### **When Should I Be Tested?**

You should get a blood glucose screening test at about 24 to 28 weeks of your pregnancy if you have the following risk factors:

- You had GDM during a previous pregnancy.
- You have a family history of diabetes.
- You are overweight.
- You had a baby who died before birth.

- You had a baby who weighed nine or more pounds at birth.
- You are Latino, Native American or African American.
- You had a baby born with birth defects of unknown cause.

#### **Prevention and Treatment**

Ask your doctor how you can prevent and treat GDM. If you have it, call us at the BlueChoice HealthPlan Prenatal Program phone number listed at the front of this book under “Important Information.” We are here to help you.

If you have GDM it is also important to learn about healthy habits. Good habits can help prevent other problems for you and your baby. Be sure to:

- Keep your blood sugar normal. Your PCP will tell you what a normal blood sugar is for you.
- Test and record your blood sugar level every day.
- Take the diabetes medication your PCP gives you.
- Choose the right foods.
- Exercise safely and regularly.
- Gain weight slowly.
- Feel your baby’s movement every day.

#### **Will GDM Go Away?**

Usually, GDM goes away after your baby is born if you eat right, maintain a healthy weight, and exercise regularly.

About 2 to 6 weeks after you deliver, you will have a blood test at your checkup. This will tell you if your blood sugar is back to normal.

Call your PCP if your diabetes does not go away. Your PCP will refer you to a specialist who will monitor and treat your diabetes.

### **Fit for Pregnancy<sup>22</sup>**

Along with eating properly, your body needs regular exercise to stay healthy. Even when you're pregnant, exercise is important. Exercising at least three times a week can help you feel and look your best.

Some exercise is not safe when you're pregnant. Risky activities, or those that can result in a fall, such as horseback riding or skiing, should be avoided.

What can regular exercise do for you?

- Builds and tones muscles.
- Gives you more energy.
- Helps you sleep better.
- Reduces pregnancy discomfort.
- Keeps your blood flowing to prevent your legs from swelling.
- Strengthens your immune system to keep you from getting sick.
- Helps you prepare for labor and delivery.

Exercise is not always safe for everyone. Please talk to your primary care provider about exercise – especially if you're just beginning.

If you already exercise, you can usually continue doing the same activities.

A good exercise will get your heart pumping and prepare your muscles for childbirth. There are a lot of safe exercises you can do. Your local park or recreation department may have classes, too.



### **Walking: Easy and Not Costly**

All you need is a pair of flat shoes that fit well. Walking gets you out of the house and into the fresh air. It's an exercise you can do throughout your pregnancy. Take a 30 minute walk. Try walking a little faster each time.

### **Swimming: A Good, Safe Exercise**

You exercise your arms and legs when you swim. You can tone muscles without putting pressure on your joints.

### **Yoga and Stretching for Toning Muscles**

These exercises alone are not enough to get your heart pumping. You may want to also add walking to your routine.

### **Dancing While Pregnant**

Low-impact aerobics also is a good choice. There are aerobics classes and videos for pregnant women.

**Whatever exercise you choose, you need to do it safely. Follow these guidelines when you exercise:**

### **Warm Up**

Start every exercise session with a warm-up, such as stretching or walking slowly. End each session the same way. This will prevent injuries.

### **Stay Cool**

Don't let yourself get overheated. Be careful in hot weather.

### **Think About Your Back**

Don't exercise while lying on your back – especially after the 20th week. This can reduce blood flow to your baby.

### **Drink Water**

Be sure you drink a glass of water before and after you exercise. You also should drink more water while you're exercising.

### **Listen to Your Body**

If you begin to feel pain – stop. Try again later and take it slow. Don't exercise when you're not feeling well.

### Support Team<sup>23</sup>

#### For Your Family, Friends and Dad-to-Be

Even though you are not the pregnant mother, your role in her baby's life is crucial. Here's how you can be part of the pregnancy and help the mom-to-be.

- Be her support. Show how much you care for her.
- Be patient. It may be hard to understand her mood swings, but they are normal and they will pass.
- Take some time to learn about pregnancy and childbirth so you can understand how she feels.

Pregnant women need to have healthy habits. Practice healthy habits with the mom-to-be.

You can help her in these ways:

- If she smokes, drinks, or takes drugs, help her quit.
- If you smoke, try to quit. Your secondhand smoke is not good for the baby.
- Ask family and friends not to smoke around the mother.
- Set an example for her. If you have any bad habits, show her you care about her and the baby by changing them.
- Go on walks with her.
- Visit friends with her.
- Take her to a movie.
- Plan and prepare good meals with her.
- Buy groceries and cook for her.

Prenatal appointments and classes are important.

- Go to prenatal appointments with her.
- Talk to her about her prenatal appointments.
- Both parents can go to prenatal classes – try to go to classes with her.

In the later months, your unborn baby can hear sounds outside the womb. Talk to your baby so he or she will get to know your voice.

After your baby is born, you can:

- Take turns holding and cuddling your baby.
- Offer to help change diapers.
- Talk to other new parents.

### Warning Signs<sup>24</sup> ⚠

There are warning signs in the second trimester, just as there were in the first. While some are the same, there are some new ones, too. Please call your primary care provider if you notice:

- Fluid leaking from the vagina.
- Vaginal bleeding.
- Sudden puffiness of hands and face.
- Severe headaches.
- Blurred vision.
- Fever.
- Pain or burning when you urinate.
- You don't feel your baby move (for more than eight hours after the 26th week).
- Vomiting that lasts more than 24 hours.
- Pain or pressure in your belly or back that gets stronger over several hours.



### **Welcome to Your Third Trimester!**

As you start the last part of your pregnancy, your mind may be filled with thoughts of giving birth to, getting ready for, and caring for your new baby. This section is filled with information that can help answer your questions and help you plan for your new baby.

The third trimester is a good time to choose a doctor for your new child. Your baby is automatically enrolled in your health plan (MCO P&P guide, page 20). To learn more, call **1-866-781-5094**.

As you think about getting ready for your new baby, your body also is getting ready. You may feel uncomfortable and tired. Your baby's growth is just one way your body prepares for birth.

At your prenatal visits, your PCP will check you to make sure you are healthy. You will need to see your PCP more often now. During the last month, your PCP will want to see you once a week. It is important to keep these appointments.

You still will need care after you have your baby. Your PCP will want to see you 4–6 weeks after you give birth. This postpartum visit is important. Taking care of a new baby is not easy. Your baby needs you to be healthy and happy.



### **Fetal Development<sup>25</sup>**

During this last trimester (months 7 through 9, or weeks 28 through 40) you may begin to feel uncomfortable. Your baby is growing a lot and getting stronger. As the baby begins to take up more room, there is less room to move around. You may notice that your baby does not kick as much now.

At the start of your third trimester, your baby weighed between 2 and 3 pounds and was about 14 inches long. By the end of your seventh month, your baby will weigh about 4 pounds and measure 16 inches.

In the seventh month, the baby's nervous system is so mature, it can control temperature and breathing. The lungs are mature, too. By the end of the seventh month, your baby also can see. Though still in the womb, your baby can see light outside the womb.

The baby's head should be pointed down. As your due date gets closer, the head moves farther into the cervix. When this happens, you may get some relief from heartburn and indigestion, but you may have to urinate more often. The baby is now putting pressure on your bladder.

- In the last trimester, a fetus gains about one-half pound each week or 2 pounds each month.
- Your baby can hear from inside the womb. Your baby can hear music and knows the sound of your voice. This is a good time for parents to talk to their baby.
- The cervix is the opening of the uterus. The baby passes through the cervix at birth.
- Dilation is the widening of the mouth of the uterus that lets the baby pass through during labor.

### **Fetal Kick Count**

The “Fetal Kick Count” is a test you can do to see how your baby is doing. Your PCP may ask you to do this test at about 32 weeks of your pregnancy.

You count how long it takes your baby to move 10 times. Do this test at the same time each day. It’s best to do it in the evening while lying on your side. By doing this test each day, you learn what is normal for your baby. Each baby is different, so you want to check your baby against its own patterns only.

### **Here’s How to Count Your Baby’s Kicks**<sup>26</sup>

1. Sit with your feet up or lie down on your left side.
2. Check the clock and see what time you start.
3. Put your hands on your belly.
4. Count how many times your baby moves. A “move” is any kick, wiggle, twist, turn, roll, or stretch. Do not count the baby’s hiccups.
5. Count up to 10 moves. This should take less than one hour.
6. Once your baby has moved 10 times in less than one hour, you can stop counting. Then you can go about the rest of your day.

If your baby does not move right away, don’t worry. Your baby may be sleeping. Here’s what you can do:

- Drink something cold.
- Eat something.
- Walk around for 5 minutes.

Then feel your belly for one more hour.

### **Remember:**

- The baby could move 10 times in less than 30 minutes.
- The baby may take the full hour to move 10 times.
- This test is to learn what is normal for YOUR baby. If the count is not normal for YOUR baby, you should tell your PCP.

### **Call your PCP if:**

- The baby does not move 10 times during your test.
- The baby has not moved all day.
- It takes longer each night for the baby to move 10 times.

### **Getting Ready for Baby**<sup>27</sup>

For many new parents, this is a fun part of getting ready for a new baby. Your baby’s needs are very basic during the first weeks. The list below will help you know what you need for your baby.

- Receiving blankets
- A heavier blanket for cold weather
- Diapers (cloth or disposable in newborn size)
- T-shirts
- Sleepers (pajamas) with legs
- Socks
- Baby washcloths
- A towel
- Bottles and nipples (even if you’re breastfeeding, you may still need a few)
- Formula (if you’re not breastfeeding)
- Thermometer
- Baby soap and shampoo
- Non-aspirin liquid pain reliever for infants
- Ointment for diaper rash
- A car safety seat (you will need this for your baby’s trip home)
  - Choose a car seat that is the right size for a new baby to fit safely.
  - Choose a car seat that fits in your car and works with your seat belts.
- A place for your baby to sleep with a firm mattress, sheets, and blankets
  - Cradle (until your baby gets bigger)
  - Crib (bars should be no more than 2 inches apart)

Note: If you are looking for a crib or a car seat at garage sales or thrift stores, please make sure you are buying safe items. Some older cribs and car seats may not be safe. The Consumer Product Safety Commission (CPSC) can tell you if a crib, car seat or any other baby equipment is safe. You can call the CPSC at **1-800-638-2772**.

### Other Useful Items

- Baby bathtub
- Foam bath cushion to prevent baby from slipping in bath water
- Baby wipes
- Pacifier
- Cloth baby carrier (lets you hold your baby close, but keeps your hands free)
- Infant seat
- Baby toys (make sure there are no small parts that your baby can chew on or pull off and swallow)
- Changing table

### Warning Signs <sup>28</sup>

Call your doctor if you have:

- Vaginal bleeding.
- Chills or fever.
- Low, dull backache.
- Burning when you urinate.
- Increase in vaginal discharge.
- Severe headache that does not go away.
- Blurred vision or spots before eyes.



### **Labor and Delivery**

#### **As the Birth Gets Closer<sup>29</sup>**

In the last weeks and days of your pregnancy, you may notice a number of things that will let you know your body is getting ready for labor. Some of these signs are:

#### **Braxton-Hicks Contractions or False Labor**

These mild cramps in your abdomen are one way your body prepares for birth.

#### **A Mucous Discharge**

Shortly before labor starts, you may see a mucous discharge with a little blood coming from your vagina.

#### **Bag of Water Breaks**

When water leaks or gushes out of your vagina, this is a sign you will be in labor very soon. Sometimes this may not happen until you are already in labor. Call your doctor if this happens.

There are other signs that only a doctor can see. Your doctor can tell how soon you might have your baby by looking at your cervix to check:

- Effacement – the cervix gets thinner as birth gets closer.
- Dilation – the cervix starts to open very slowly.

The doctor also checks the baby's position.

In the weeks before labor begins, you can do things to get ready.

- Get plenty of rest and make sure you don't get too tired. Labor can start at any time, and it is very hard work.
- Try to exercise each day. Walking is a good way to stay in shape. Being fit will give you the strength to go through labor.
- Eat lots of small meals. Don't let yourself get too hungry. If labor starts, you may not be able to eat until after you give birth.

#### **Signs of Labor**

There are ways you can tell if you're really in labor or just having Braxton-Hicks contractions. You are probably in labor if:

- The cramps last longer and get closer together.
- The pains get stronger when you move.
- You lose your mucous plug (bloody show).
- Clear liquid leaks or flows out of your vagina (bag of water breaks).
- You have a lot of soft bowel movements.
- The pain moves from your lower back to your abdomen.

If you think you are in labor, start to time your contractions. You should call your doctor or go to the hospital:

- If your bag of water breaks.
- When contractions have been 5–10 minutes apart for one hour.
- If blood is coming out of your vagina.

## Stages of Labor<sup>30</sup>

### Stage I

The cervix dilates to 10 centimeters (four inches) so it is wide enough for the baby's head to pass. This can take many hours.

### Stage II

As the second stage approaches, you may feel the urge to push. If the skin and muscles around the vagina (perineum) are not opened wide enough, the doctor may ask you to wait.

The doctor also may make a small cut in the perineum (episiotomy) to make more room and prevent your skin from tearing.

When you are able to push, it may take several pushes before your baby is born.

### Stage III

After your baby is born, you still will feel contractions until the placenta is delivered.

If you had an episiotomy, the doctor will stitch up the cut.

Sometimes a baby must be delivered surgically. This is called a cesarean section or C section. A cut is made in the abdomen and then through the uterus. There are many reasons why a C section may be done.

- The baby is too large to pass through the pelvis.
- The baby's arms or legs are down instead of the head (breech).
- There are signs that the baby may be having problems during labor.
- The mother or baby has a condition that may make labor or a vaginal delivery unsafe.

Whether you have a vaginal delivery or a C section, you will have some pain. There are many ways to deal with this pain.

- Practice breathing and relaxation exercises.
- Gentle massage can help you relax.
- Your doctor can give you medicines for pain.
- An epidural (medicine that is given to you with a shot in your spine) will make you feel numb. You won't feel the contractions.

Some medications can be passed to the baby. If you have any questions about pain medication or labor and delivery, be sure to ask your doctor.

## Are You Ready for Your Special Delivery?

As the weeks pass, your due date is fast approaching. It is normal for you to be scared about giving birth. Learning about childbirth can help. Being prepared will help you be more at ease.

You can prepare to give birth by:

- Choosing someone to be your labor coach.
- Calling your hospital to see if tours are offered.
- Having your hospital bag packed in advance.

If you are having your first baby, you may have lots of questions. You may not know how to tell when you are in labor or when to go to the hospital. It will help to plan ahead. Have a hospital bag packed and ready to go and make a plan for going to the hospital.

### Getting to the Hospital <sup>31</sup>

- Choose someone you can count on to take you to the hospital when the time comes.
- Have a backup plan, in case the first person cannot be there.
- Make a list of important phone numbers and keep them by your phone.
  - Emergency numbers
  - Your doctor's number
  - Phone numbers of relatives or friends who live near you and can help you if needed.
- Do you have other children? If so, make sure someone takes care of them when you go to the hospital.
- Make sure you know how to get to the hospital.
  - Learn different routes to the hospital in case there is a traffic problem.
  - Know how long it takes to get to the hospital.
- Check with the hospital to find out where to go when you get there. Many hospitals offer tours and classes that will tell you:
  - Where to enter the hospital when you are in labor.
  - Who to talk to when you get there.
  - Delivery options offered at the hospital.
  - Pain relief options offered by the hospital

### What to Include in Your Hospital Bag <sup>32</sup>

- A watch with a second hand
- Socks (you may get very cold during labor)
- A nightgown (one that opens in front, if you're breastfeeding)
- Nursing bras, if you're breastfeeding
- Loose fitting clothes to wear home
- Clothes for baby to wear home
- A thick blanket for baby if it's cold outdoors
- Hairbrush
- Toothbrush
- Toothpaste
- Deodorant
- Shampoo
- Soap
- Baby's car seat for the trip home (strap it into the car ahead of time)



## **Breastfeeding Your Baby**<sup>33</sup>

### **From Your BlueChoice HealthPlan Medicaid Medical Director**

We support and encourage breastfeeding. This section was written to help make it easier for you to breastfeed. It was written to tell you about the advantages of breastfeeding. It is an important choice to make for your baby's health. Please read this section carefully.

Your doctor can help you sign up for the WIC program. The WIC program:

- Helps to answer questions about breastfeeding.
- Can give you nutritious foods, if you qualify.

As part of **Healthy Habits Count for You and Your Baby**, we will give you a hand-held breast pump if you need one. You will need to ask your doctor for a prescription. You can call our Customer Care Center for more information. This phone number is listed at the front of this book under "Important Information."

Your doctor can answer any other questions you may have about breastfeeding. You also can call MedCall to speak with a nurse 24 hours a day, or you can access an audio tape about breastfeeding. This phone number is listed at the front of this book under "Important Information."

## **Why Breastfeed?**

### **Human Milk Is Best for Human Babies**

- Breast milk is easy to digest. It has everything a baby needs for the first months of life.
- Breast milk has special nutrients that help babies grow.
- Breast milk has protective agents that keep babies from getting sick.
- Breast milk may help with brain and eye growth.

### **Breastfed Babies Are Healthier**

- Babies who are breastfed for at least 4 months are less likely to have ear infections.
- Breastfed babies are less likely to have diarrhea.
- Breastfed babies are less likely to get certain diseases such as diabetes and meningitis.
- Breastfed babies are less likely to become obese.

### **Breastfeeding Helps Mothers Recover From Labor and Delivery**

- Breastfeeding helps reduce blood loss after delivery.
- Mothers who breastfeed for at least 3 months may lose more weight than mothers who use formula.

### **Breastfeeding Helps Keep Women Healthier**

- Breastfeeding women are less likely to get breast and ovarian cancer.
- Breastfeeding may reduce the risk of bone loss as women age.

### **Breastfeeding Costs Less**

Formula costs have increased 150 percent since 1980.

### ***What You Should Know About Breastfeeding*** <sup>34</sup>

- Breast size doesn't matter. Both large and small breasts can make enough milk for a baby.
- Offer both breasts at every feeding even though your baby may not want to take the second side. Start with that side the next time so both breasts can make enough milk.
- Your body makes more milk every time you feed your baby.
- Your breasts always have milk but need about 2 hours to make enough for a full feeding.
- Milk may leak from the nipple of the other breast. This is normal. Your breasts will hold the milk back in a few weeks.

### ***Taking Care of Yourself***

- Drink a glass of water, juice, or milk every time you breastfeed. Your body needs lots of fluids to make milk.
- Eat 3–6 times each day. Choose different types of foods such as beans, lentils, cereal, bread, pasta, rice, vegetables, fruits, meat, eggs and milk products.
- Take a daily vitamin that has extra calcium.
- During the first few weeks, rest when the baby sleeps.
- Don't smoke, drink alcohol or use other drugs. These will pass to your baby through your milk.
- If you need to take any medicine, let your primary care provider (PCP) know you are breastfeeding.
- Use some form of birth control. You can get pregnant while you are breastfeeding even if you don't have a period.



## **What You Should Know About Breastfed Babies**<sup>35</sup>

- Babies need to breastfeed 8–12 times each day.
- Feedings last about 20–30 minutes. The first time you breastfeed, it may take about an hour.
- Your baby sucks and swallows for a few minutes, rests, then sucks and swallows again. Babies take most of the milk from the breast.
- When it's time to feed on the second breast, your baby may not swallow as much and may pause longer before sucking again.
- Your baby may fall asleep before a feeding is over. Wake your baby by changing the diaper. Then breastfeed again.
- Don't expect your baby to be on a schedule. Babies don't usually eat at the same time every day until they are older.
- By the second week, your baby should have at least four loose, yellow bowel movements and eight wet diapers every day. If this isn't happening, call your PCP.
- During the first month, don't bottle-feed your baby unless your PCP tells you to.
- A crying baby isn't always a hungry baby, especially if you have just finished breastfeeding. Instead of feeding right away, you can comfort your baby by holding, talking, rocking or walking.

## **The First Few Days**

Breastfeeding may seem hard at first. Knowing what to expect can make it easier.

- Breastfeed for the first time after birth within the first 2 hours.
- Not all babies are ready to breastfeed right away.
- Wake your baby up every 2–3 hours during the day for feeding. This helps your baby gain weight and sleep longer at night.
- Call your PCP if your baby won't breastfeed after 1–2 days.
- It is normal for your breast milk to look yellow at first. It will turn white and watery after 2–3 days.
- Your breasts may feel full and heavy for a day or two after the milk turns white. You can help the fullness go away by breastfeeding about every 2 hours.
- Your nipples might hurt a little when you start feeding. Call your PCP if they are still sore after a week.

## **How to Tell if Your Baby Is Getting Enough Milk**<sup>36</sup>

Every day **during** the first week your baby needs:

- Eight or more breastfeedings that last at least 20 minutes.
- Five or more wet diapers.
- One or more yellow-brown bowel movements.

Every day **after** the first week your baby needs:

- Eight or more breastfeedings that last at least 20 minutes.
- Eight or more wet diapers.
- Four or more loose, yellow bowel movements.

### **BlueChoice HealthPlan Breastfeeding Support Line**

Do you want to breastfeed but need some help?

Are you having problems breastfeeding?

Do you want to know more about breastfeeding?

If you are breastfeeding or are thinking about it, you may have some questions. You can get answers to your questions by calling the Breastfeeding Support Line listed at the front of this book under “Important Information.”

You can talk to a registered nurse to:

- Help you decide whether or not to breastfeed.
- Help you prepare to breastfeed.
- Answer your questions about breastfeeding.
- Offer encouragement and support.
- Find out how to breastfeed when you go back to work.
- Help you solve problems you have with breastfeeding.
- Refer you to local breastfeeding resources.

The nurses at the Breastfeeding Support Line have been trained to help with breastfeeding problems.

This support line is not for emergencies. If someone is in danger, call 911 right away.

### **How to Use the Breastfeeding Support Line**

Call the BlueChoice HealthPlan Breastfeeding Support Line. Listen to the recording. Follow the directions. You will be connected to one of the nurses.

Try it. It’s easy. You can call the support line as often as you need it.

Keep this book with your other health plan materials.

You can call the Breastfeeding Support Line to speak to a nurse 24 hours a day, 7 days a week.



### ***After Your Baby Is Born***<sup>37</sup>

Please call our Customer Care Center to let us know your baby is born. The phone number is listed at the front of this book under “Important Information.”

It takes some time to get used to taking care of a new baby. When you bring your baby home from the hospital, you still will be recovering from giving birth. You will need to see your doctor again a few weeks after your baby is born.

You may be very tired during these first weeks at home with your new baby. Don't be afraid to ask for help from your spouse, partner, a relative or a friend.

These tips may help you through your first weeks with your new baby.

- It's a good idea to have someone help you with chores for the first few days after you get home.
- Don't forget about yourself – you still need some special care.
- Try to get as much rest as you can. Take a nap while your baby is asleep.
- Whether you breastfeed or not, it is important to eat healthy after your baby is born.
- Try not to get upset – taking care of a new baby is not easy. Remember:
  - Crying is the only way your baby can talk to you.
  - Sometimes it is hard to tell what your baby wants or needs.
  - Never get angry with your baby – ask for help.

It's OK to take a break now and then. You can leave your baby with a responsible adult once in a while and have some time alone.

It's not unusual to feel down during the first few weeks after giving birth. You may:

- Feel sad and cry a lot.
- Not feel like eating.
- Have trouble sleeping.

These feelings can come from hormone changes or from lack of sleep.

If you are feeling depressed for more than a few weeks after giving birth, you may have postpartum depression (the baby blues). Talk to your PCP or a counselor. You also can call MedCall. The MedCall number is listed at the front of this book under “Important Information.”

**Your child will be a baby only for a very short while – spend time cuddling and getting to know your new baby.**

### ***Postpartum Care and Your Baby's First Medical Visits***

#### **Postpartum Care**

You need to see your doctor for a postpartum visit 21 to 56 days after having your baby. Even if this is not your first baby, this visit is important because the doctor makes sure your body is healing the way it should. It's also a good time for you to ask the doctor questions about:

- Breastfeeding
- Birth control after the baby
- Losing weight
- When it's OK to exercise again

It's important to protect your health by going to the doctor for your postpartum visit.

#### **Cesarean Sections**

If you had a cesarean section (C section) you need to go to the doctor at least two times after your baby is born. After 2 weeks, the doctor checks the C section cut. You still need to come back about 4 weeks later for your postpartum visit.

It's important for you to go to the doctor for both visits.

### Your Baby's First Medical Visits<sup>38</sup>

In the first 2 1/2 years, your baby needs to go to his/her PCP for Well-Child visits at these ages:

- Newborn
- 2–4 days
- 2 weeks
- 1, 2, 4, 6, 9, 12, 15, 18, and 24 months

The PCP wants to make sure your baby gains enough weight and grows well. Your baby's height and weight are checked each time. Your baby may get an immunization (shot) to guard against serious diseases. The PCP can answer any questions you may have about your baby. These visits are needed even if your baby is not sick.

### New Baby Checklist

Please complete these important steps as soon as you are home from the hospital.

TO DO:	COMPLETED
<b>STEP 1</b> Call your caseworker at the South Carolina Department of Health and Human Services to enroll your baby in a health plan. Visit online at <a href="http://www.dhhs.state.sc.us/dhhsnew/DHHSCountyOffices.asp">http://www.dhhs.state.sc.us/dhhsnew/DHHSCountyOffices.asp</a> to find an office near you. You also may call toll-free at <b>1-888-549-0820</b> to find an office near you. You also may call our Customer Care Center (CCC) at <b>1-866-781-5094</b> to help you find an office in your area. Those with hearing or speech loss may call the TTY line at <b>1-866-773-9634</b> .	<input type="checkbox"/>
<b>STEP 2</b> Call the state of South Carolina enrollment broker, Healthy Connections Choices, at <b>1-877-552-4642</b> to choose a primary care provider (PCP) for your baby.	<input type="checkbox"/>
<b>STEP 3</b> Schedule your baby's checkup visit with his or her PCP within 1 week after birth.	<input type="checkbox"/>
<b>STEP 4</b> Schedule a checkup visit with your OB/GYN within 21 to 56 days after having your baby.	<input type="checkbox"/>
<b>STEP 5</b> Call the Women, Infants, and Children (WIC) Program (a food and nutrition program) at <b>1-800-868-0404</b> to enroll.	<input type="checkbox"/>

### **Sudden Infant Death Syndrome (SIDS) <sup>39</sup>**

SIDS, or crib death, is the sudden death of an infant less than 1 year of age. Many babies have died from SIDS while sleeping, but the reasons are unknown. Parents can help reduce the risk of SIDS by:

- Placing infants on their backs to sleep.
- Using a baby bed with a firm mattress.
  - Not placing anything in the bed but the baby – no covers, no pillows, no bumper pads and no toys.
- Not putting too many clothes on your baby while he or she is sleeping.
- Keeping the infant away from tobacco smoke.

For more information about infant sleep position, talk to your doctor.

Or, you can call the Back to Sleep Campaign at **1-800-505-CRIB (2742)** or TTY at **1-888-320-6942**.

Website: [www.nichd.nih.gov/SIDS](http://www.nichd.nih.gov/SIDS)

E-mail: [NICHDinformationResouceCenter@mail.nih.gov](mailto:NICHDinformationResouceCenter@mail.nih.gov)

### **Baby Safety Tips**

#### **In the Bathroom <sup>34</sup>**

- Never leave your baby alone in a bathtub.
- Keep the toilet lid down.

#### **In the Kitchen**

- Never leave your baby alone in the kitchen.
- Turn pot handles toward the back of the stove.
- Keep your baby away from hot liquids and foods.
- Keep pills, vitamins, mouthwash, alcohol, cleaning supplies, and bug sprays in a locked cabinet and out of baby's reach.
- Keep matches and lighters out of your baby's reach and sight.

#### **Windows**

- Install childproof barriers on windows.
- Keep window blinds and drapery cords pinned up and out of the baby's reach.

#### **Stairs**

- Use mesh gates at the top and bottom of stairways.

#### **Your Baby's Crib**

- Make sure the space between the crib slats is no more than 2 inches wide.
- Keep mobiles out of the baby's reach.
- Check toys for sharp edges or pieces that could be swallowed.
- Keep balloons out of the baby's reach.

### **In the Car <sup>40</sup>**

- Always use a federally approved car seat for your baby.
- For babies less than 1 year old, install car seats in the center of the back seat, facing backward.
- Do not put your baby in the front seat, especially if the passenger seat has an air bag.
- Keep the safety seat firmly attached with a tight safety belt.
- Use the safety seat every time your baby is in the car.
- You should never hold your baby in your lap when you are riding in a car.
- For more details, contact the Department of Transportation Vehicle Safety Hotline at **1-888-327-4236**.

### **In the Yard**

- Keep gates to pools and Jacuzzis closed and locked.
- Keep your baby off chemically treated lawns for at least 48 hours.
- Keep all chemicals, fertilizers and pesticides in a locked storage area and out of the baby's reach.



### Quiz

This short quiz will help remind you of what you have learned from this book.

#### Check “Yes” or “No” for the following questions:

1.  Yes  No Drinking alcohol, even a little every day, can hurt my baby.
2.  Yes  No Now that I’m pregnant, I don’t need to wear a seat belt.
3.  Yes  No Folic acid can help prevent some birth defects.
4.  Yes  No Secondhand smoke can hurt my baby.
5.  Yes  No It’s OK to eat raw fish or raw meat during pregnancy.
6.  Yes  No Eating healthy food provides good nutrition for my baby.
7.  Yes  No It’s OK to go on a diet when I am pregnant.
8.  Yes  No Warming up before and after exercising will help prevent injuries.
9.  Yes  No It’s important for my partner to have healthy habits.
10.  Yes  No I should call my doctor or go to the hospital if contractions are 5 to 10 minutes apart for 1 hour.
11.  Yes  No My baby needs to be in a car seat for the trip home from the hospital.
12.  Yes  No I will need to see my doctor a few weeks after my baby is born.
13.  Yes  No It is important to eat healthy after my baby is born.
14.  Yes  No Healthy infants should be placed on their backs to sleep.
15.  Yes  No It’s OK to leave my baby alone in the bathtub if it’s only for a few minutes.

Answers: 1. Yes 2. No 3. Yes 4. Yes 5. No 6. Yes 7. No 8. Yes 9. Yes 10. Yes 11. Yes 12. Yes 13. Yes 14. Yes 15. No



### **Doctor/PCP Visit Checklist**

To get the most from your office visit, it's important to have a plan of action. This checklist is a helpful tool, whether the visit is for you or your child. Bring this checklist with you to your first visit with your PCP.

#### **Before the Visit**

- Write down a list of questions or concerns you want to talk to your PCP about.
- Write down any medications you or your baby takes.
- Write down the dates and reasons for emergency room (ER) visits in the past year.

#### **During the Visit**

- Talk to your PCP about any questions or concerns and any medications you or your baby take.
- Talk to your PCP about any ER visits.
- Ask what are your PCP's office hours.
- Ask for your PCP's after-hours phone number. You may need this number in case you or your child gets sick in the night or on weekends.
- Ask for your PCP's advice on how and when to get emergency help.

#### **After the Visit**

- Put your PCP's office phone number and after-hours phone number in a place you can find easily.
- Follow the advice your PCP gave you. Call your PCP's office if you need more advice.

### **MedCall® – 24-Hour Nurse Help Line**

#### **Call 24/7 toll-free!**

- To reach a nurse right away
- To learn about a health condition
- To access health audio tapes

Call a registered nurse to:

- Help answer questions about your health, common health problems and prescribed drugs.
- Help you prepare for your first visit to a new PCP.
- Help you find local health care services.
- Help teens with their specific health issues.

Phone interpreters can help non-English speakers. All calls are private.

#### **Calling is easy!**

At any time on any day, you can call MedCall at the number listed at the front of this book under “Important Information.” Call the TTY line if you have hearing or speech loss. Press 1 for help in Spanish. If you ask for a nurse, you will be transferred to a nurse right away. Our members can use this free service as often as they want.

You can find the MedCall phone numbers on the “Important Information” page at the front of the booklet.

#### **Access audio tapes in English or Spanish**

When you call MedCall, you can access more than 300 health topics in English and 70 topics in Spanish. Follow the voice prompts. Press 3 to reach the audio health library. Enter your topic code when prompted. The audio topics and their codes are listed next in this booklet.

#### **MedCall is not for emergencies.**

If you have an emergency, call 911 right away. Don't wait! MedCall gives general information only, not medical advice. Please ask your PCP for medical advice.



## Mensajes Grabados En Español

### Primeros auxilios y emergencias

1255 Asfixia

### Garganta, nariz y oído

1264 Infecciones del oído

### Problemas en la piel

1273 Piojos

1296 Sarna

2330 Acné

### Salud de los bebés y los niños

1250 Trastorno por déficit de atención con hiperactividad (ADHD)

1251 Pérdidas involuntarias de orina en la cama

1253 Fiebre en niños de 3 años y menores

1254 Varicela

1256 Circuncisión

1257 El Cólico

1258 Crup

1261 Sarpullido del pañal

1267 La quinta enfermedad

1272 El impétigo

1293 Infecciones del tracto urinario en niños

1837 Alimentación saludable para niños

2436 El efecto que tiene el alcohol al feto

2753 Alimentación con biberón

### Enfermedades infecciosas

1408 Influenza aviar (gripe aviar)

### Enfermedades crónicas

1064 Encefalitis

1405 El Migraña

1500 Diabetes Tipo 2

1501 Diabetes Tipo 2: Vivir con las complicaciones

1502 Diabetes Tipo 2: Vivir con la enfermedad

1503 Diabetes Tipo 2: Diagnóstico reciente

1832 Colesterol elevado

1909 Presión arterial alta

1953 Hepatitis B

### Salud de la mujer

1107 La salud del seno

1111 Cáncer de ovario

1112 Síndrome del ovario poliquístico

1211 Embarazo múltiple: Gemelos o más

2033 Infertilidad

2643 Infecciones vaginales micóticas

2675 Sangrado entre períodos

2679 Sangrado uterino disfuncional

2705 Embarazo

2751 Amamantamiento

2754 Trabajo de parto, paro y periodo de posparto

2755 Mastitis durante el periodo de lactancia

2756 Sensibilización de Rh durante el embarazo

2757 Destete

### Salud del hombre

1128 Cáncer de próstata

1545 Prueba de antígeno prostático específico

2032 Problemas de erección

2034 Hiperplasia Benigna Prostática (HBP)

### Salud sexual

1957 El virus de inmunodeficiencia Humana

2307 Clamidia

2308 Herpes genital

2309 Verrugas genitales

2310 Gonorrea

2311 Sífilis

### Problemas de salud mental y bienestar de la mente y el cuerpo

1071 Demencia

2055 El trastorno de pánico

2057 La depresión

### Problemas de pecho, respiratorios y circulatorios

1081 Rehabilitación para accidente cerebrovascular

1908 Fibrilación auricular

1981 El asma en adolescentes y adultos

### Conciencia para una vida saludable

1834 Un peso saludable

1838 Problemas con el alcohol y las drogas

1841 Libérese del tabaco

### Problemas abdominales

1110 Pólipos en el colon

1291 Infecciones de las vías urinarias en adolescentes y adultos

2257 Incontinencia urinaria en la mujer

### Dolor de espalda y de cuello

1450 Dolor en la parte baja de la espalda

### Problemas óseos, musculares y de las articulaciones

2104 Síndrome del túnel carpiano

### Pruebas y procedimientos médicos

1506 Vigilar la glucosa en la sangre en la casa

### Alergia

1000 Rinitis alérgica

2770 Alergias a medicamentos

# Call MedCall to access audio topics

## Audio Topics in English

### First Aid and Emergencies

- 1067 Stroke
- 1255 Choking Rescue Procedure
- 1458 Nosebleeds
- 1750 Animal and Human Bites
- 1751 Insect and Spider Bites and Stings
- 1752 Snake Bites
- 1754 Tick Bites
- 1759 Heat Exhaustion and Heat Stroke
- 1761 Burns
- 1762 Cuts
- 1763 Poisoning
- 1764 Puncture Wounds
- 1766 Removing Splinters
- 1901 Heart Attack
- 2203 Rescue Breathing and CPR
- 2256 Hypothermia
- 2337 Cold Temperature Exposure

### Partnership With Your Doctor

- 1201 Patient's Bill of Rights
- 1202 Caregiver Secrets
- 1800 Making Wise Health Decisions
- 1801 Work in Partnership with Your Doctor
- 1802 Finding a Doctor Who Will be a Partner

### Living Healthwise

- 1279 Immunizations
- 1295 Early Disease Detection
- 1830 Healthy Living
- 1831 Dietary Guidelines for Americans – 2005
- 1833 Fitness
- 1834 Healthy Weight
- 1835 Mind-Body Connection
- 1838 Alcohol and Drug Problems

- 1841 Be Tobacco-Free
- 1846 Stress Management
- 1853 Healthy Eating
- 1964 Stress Relief and Relaxation
- 2204 Travel Health
- 2428 Treatment for Alcohol Use Problems
- 2435 Teen Alcohol and Drug Abuse

### Home Health Medicines and Supplies

- 1270 How to Take a Temperature
- 1758 Self-Care Supplies
- 2000 Bulking Agents and Laxatives
- 2001 Pain Relievers
- 2002 Decongestants
- 2003 Cough Preparations
- 2007 Cold and Allergy Remedies

### Abdominal Problems

- 1260 Dehydration
- 1291 Urinary Tract Infections
- 1402 Food Poisoning
- 1403 Inguinal Hernia
- 1451 Constipation
- 1452 Antidiarrheals
- 1454 Diarrhea – Age 12 and Older
- 1462 Nausea and Vomiting – Age 4 and Older
- 1600 Appendicitis
- 1603 Ulcerative Colitis
- 1605 Diverticulosis
- 1608 Gallstones
- 1609 Rectal Problems
- 1610 Heartburn
- 1611 Irritable Bowel Syndrome
- 1612 Gastroesophageal Reflux Disease
- 1613 Ulcers
- 1618 Crohn's Disease
- 1827 Hepatitis C

- 1952 Hepatitis A
- 2154 Laparoscopic Gallbladder Surgery for Gallstones
- 2257 Urinary Incontinence
- 2576 Kidney Stones

### Back and Neck Pain

- 1450 Low Back Pain
- 1457 Neck Pain
- 1463 Herniated Disk
- 2174 Should I Have Surgery for a Herniated Disc?

### Bone, Muscle and Joint Problems

- 1030 Arthritis
- 1031 Juvenile Rheumatoid Arthritis
- 1032 Osteoporosis
- 1033 Lupus
- 1034 Rheumatoid Arthritis
- 1038 Fibromyalgia
- 1039 Gout
- 1456 Sports Injuries
- 1461 Temporomandibular (TM) Disorders
- 1780 Bunions
- 1781 Calluses and Corns
- 1784 Plantar Fasciitis
- 2102 Bursitis
- 2103 Tendon Injury
- 2104 Carpal Tunnel Syndrome
- 2105 Ankle Sprain
- 2106 Muscle Cramps and Leg Pain
- 2151 Surgery for Carpal Tunnel Syndrome
- 2169 Rotator Cuff Disorders
- 2259 Osteoarthritis

## Call MedCall to access audio topics

### Chest, Respiratory and Circulatory Problems

- 1081 Stroke Rehabilitation
- 1400 Colds
- 1401 Influenza (Flu)
- 1406 Sinusitis
- 1407 Viral and Bacterial Infection
- 1455 Fever
- 1459 Strep Throat
- 1460 Swollen Lymph Nodes
- 1648 Laryngitis
- 1900 Chest Pain
- 1903 Causes of Heart Attack
- 1904 Heart Attack Prevention
- 1907 Congestive Heart Failure
- 1908 Atrial Fibrillation (Irregular Heartbeats)
- 1910 Mitral Valve Prolapse
- 1911 Pacemakers
- 1912 Varicose Veins
- 1915 Cardiac Rehabilitation
- 1976 Chronic Obstructive Pulmonary Disease (COPD)
- 1981 Asthma in Teens and Adults
- 1983 Acute Bronchitis
- 1986 Pneumonia

### Headaches and Nervous System Problems

- 1062 Bell's Palsy
- 1064 Meningitis and Encephalitis
- 1068 Guillain-Barre Syndrome
- 1404 Tension Headaches
- 1405 Migraine Headaches
- 1515 Diabetic Neuropathy

### Ear, Nose and Throat

- 1264 Ear Infections
- 1453 Benign Paroxysmal Positional Vertigo
- 1516 Diabetic Retinopathy

- 1560 Tonsillitis
- 1640 Earwax
- 1641 Labyrinthitis (Inner Ear Infection)
- 1643 Swimmer's Ear
- 1644 Meniere's Disease
- 1646 Hearing Loss

### Eye Problems

- 1700 Eye Problems
- 1702 Vision Tests
- 1703 Contact Lenses
- 1705 Eye Injuries
- 1707 Styes
- 1708 Pinkeye
- 1709 Cataracts
- 1710 Color Blindness
- 1711 Macular Degeneration
- 1712 Glaucoma
- 1713 Strabismus
- 1716 Nearsightedness - Radial Keratotomy
- 1717 Floaters and Flashes
- 2152 Cataract Surgery

### Skin Problems

- 1129 Skin Cancer, Melanoma
- 1130 Skin Cancer, Nonmelanoma
- 1273 Lice
- 1296 Scabies
- 1755 Blisters
- 1785 Ingrown Toenails
- 2330 Acne
- 2332 Boils
- 2333 Cold Sores
- 2334 Dandruff
- 2336 Atopic Dermatitis
- 2338 Allergic Reaction
- 2343 Rashes
- 2344 Psoriasis
- 2346 Fungal Nail Infections

- 2349 Shingles
- 2352 Sunburn
- 2353 Warts

### Infant and Child Health

- 1080 Dyslexia
- 1247 Temper Tantrums
- 1250 Attention Deficit Hyperactivity Disorder (ADHD)
- 1251 Bed-Wetting
- 1253 Fever - Age 3 and Younger
- 1254 Chickenpox
- 1256 Circumcision
- 1257 Colic
- 1258 Croup
- 1259 Reye's Syndrome
- 1261 Newborn Rashes and Skin Conditions
- 1267 Fifth Disease
- 1268 Growth and Development of the Newborn
- 1269 Hand-Foot-and-Mouth Disease
- 1272 Impetigo
- 1274 Measles
- 1275 Mumps
- 1278 Childhood Rashes
- 1280 Pinworms
- 1283 Roseola
- 1284 Rubella (German Measles)
- 1287 Sudden Infant Death Syndrome (SIDS)
- 1288 Teething
- 1289 Thumb-Sucking
- 1290 Toilet Training
- 1292 Thrush
- 1293 Urinary Tract Infections in Children
- 1837 Healthy Eating for Children
- 2436 Fetal Alcohol Syndrome
- 2753 Bottle-feeding

# Call MedCall to access audio topics

## Women's Health

- 1107** Mammogram
- 1111** Ovarian Cancer
- 1112** Polycystic Ovary Syndrome
- 1211** Multiple Pregnancy: Twins or More
- 1504** Gestational Diabetes
- 1531** Breast Biopsy
- 1544** Pelvic Exam and Pap Test
- 1548** Ultrasound for Normal Pregnancy
- 2033** Infertility
- 2039** Sexual Dysfunction in Women
- 2172** Tubal Ligation
- 2312** Pelvic Inflammatory Disease
- 2426** Precautions during Pregnancy
- 2640** Bacterial Vaginosis
- 2643** Vaginal Yeast Infections
- 2650** Menopause and Perimenopause
- 2651** Hormone Replacement
- 2670** Missed or Irregular Periods
- 2672** Endometriosis
- 2673** Uterine Fibroids
- 2674** Hysterectomy
- 2675** Dysfunctional Uterine Bleeding
- 2677** Functional Ovarian Cysts
- 2678** Menstrual Cramps
- 2680** Toxic Shock Syndrome
- 2700** How to Have a Healthy Baby
- 2701** Home Pregnancy Test
- 2702** Abortion
- 2704** Danger Signs During Pregnancy
- 2705** Normal Pregnancy
- 2706** Symptoms and Stages of Labor
- 2707** Symptoms and Stages of Pregnancy
- 2708** Diet During Pregnancy
- 2709** Exercise During Pregnancy

- 2710** Rubella and Pregnancy
- 2714** Amniocentesis
- 2717** Miscarriage
- 2719** Stretch Marks
- 2720** Cesarean Section
- 2723** Pelvic Organ Prolapse
- 2724** Premenstrual Syndrome (PMS)
- 2750** Postpartum Depression
- 2751** Breastfeeding
- 2752** Complications After Delivery
- 2754** Labor, Delivery and Postpartum Period
- 2755** Mastitis While Breastfeeding
- 2756** RhSensitization During Pregnancy
- 2757** Weaning

## Men's Health

- 1128** Prostate Cancer
- 1545** Prostate-Specific Antigen Test (PSA Test)
- 2031** Hair Loss
- 2032** Erection Problems
- 2034** Benign Prostatic Hyperplasia (BPH)
- 2036** Male Genital Problems
- 2167** Transurethral Resection of the Prostate (TURP) for BPH
- 2173** Vasectomy - Permanent Sterilization

## Senior Health

- 1836** Physical Activity for Older Adults
- 2004** Medication Problems in Seniors
- 2006** Prevent Medication Errors
- 2240** Hospice Care
- 2245** Care at the End of Life
- 2251** Healthy Aging
- 2261** Ingrown Toenail

## Sexual Health

- 1848** Sexually Transmitted Diseases
- 1957** HIV Infection and AIDS
- 2307** Chlamydia
- 2308** Genital Herpes
- 2309** Genital Warts
- 2310** Gonorrhea
- 2311** Syphilis
- 2315** Trichomoniasis
- 2600** Birth Control

## Infectious Diseases

- 1408** Avian Influenza (Bird Flu)
- 1951** Infectious Mononucleosis
- 1956** Tuberculosis
- 1965** West Nile Virus

## Chronic Conditions

- 1060** ALS (Lou Gehrig's Disease)
- 1061** Alzheimer's Disease
- 1063** Epilepsy
- 1065** Multiple Sclerosis
- 1066** Parkinson's Disease
- 1500** Type 2 Diabetes
- 1501** Type 2 Diabetes: Living with Complications
- 1502** Type 2 Diabetes: Living with the Disease
- 1503** Type 2 Diabetes: Recently Diagnosed
- 1508** Type 1 Diabetes
- 1512** Prediabetes
- 1832** High Cholesterol
- 1909** High Blood Pressure
- 1950** Chronic Fatigue Syndrome
- 1953** Hepatitis B
- 1959** Living with HIV Infection
- 2550** Hypothyroidism
- 2570** Chronic Kidney Disease
- 2623** Iron Deficiency Anemia

## Call MedCall to access audio topics

### Cancer

- 1105** Cancer Pain
- 1110** Colon Polyps
- 1111** Ovarian Cancer
- 1113** Colorectal Cancer
- 1120** Women's Cancers
- 1124** Lung Cancer

### Allergies

- 1000** Allergies
- 1002** Food Allergies
- 1007** Should I Take Shots for Allergic Rhinitis and Allergic Asthma?
- 2770** Drug Allergies

### Medical Tests and Procedures

- 1506** Home Blood Sugar Monitoring
- 1532** Exercise Electrocardiography
- 1533** Complete Blood Count (CBC)
- 1534** Chest X-ray
- 1535** Chorionic Villus Sampling
- 1536** CT Scan of the Body
- 1537** Electroencephalography

- 1538** Electrocardiography
- 1539** Electromyography (EMG)
- 1540** Barium Enema
- 1541** Upper Gastrointestinal (GI) Series
- 1542** Magnetic Resonance Imaging
- 1546** Lung Function Tests
- 1547** Abdominal Ultrasound
- 2155** Cystoscopy
- 2156** Dilation and Curettage for Menopause
- 2157** Episiotomy
- 2158** Surgery for Hemorrhoids
- 2159** Laparoscopic Inguinal Hernia Repair
- 2160** Hip Replacement Surgery
- 2162** Arthroscopy
- 2163** Knee Replacement Surgery
- 2164** Laparoscopy
- 2165** Ear Tubes
- 2171** Tonsillectomy and Adenoidectomy
- 2503** Shared Decisions about Surgery

### Sleeping Disorders

- 2400** Insomnia
- 2403** Sleep Apnea
- 2406** Snoring

### Mental Health Problems and Mind-Body Wellness

- 1069** Bipolar Disorder
- 1070** Schizophrenia
- 1071** Dementia
- 1230** Domestic Violence
- 1240** Child Abuse and Neglect
- 1845** Stress Management
- 2051** Obsessive-Compulsive Disorder
- 2052** Anorexia Nervosa
- 2053** Bulimia Nervosa
- 2055** Panic Disorder
- 2057** Depression
- 2059** Grief and Grieving
- 2063** Social Anxiety Disorder
- 2066** Suicidal Thoughts or Threats

- <sup>1</sup> The American College of Obstetricians and Gynecologists, *Planning Your Pregnancy and Birth*, 3rd ed., 2000, pp. 60-61.
- <sup>2</sup> The American College of Obstetricians and Gynecologists, p. 366.
- <sup>3</sup> March of Dimes, Pregnancy and Newborn Health Education Center, "How Your Baby Grows," <[http://www.marchofdimes.com/pnhec/28699\\_2134.asp](http://www.marchofdimes.com/pnhec/28699_2134.asp)> (June 30, 2008).
- <sup>4</sup> The American College of Obstetricians and Gynecologists, p. 382.
- <sup>5</sup> The American College of Obstetricians and Gynecologists, pp. 129-131.
- <sup>6</sup> Food & Nutrition Service, United States Department of Agriculture (USDA), Women, Infants and Children, <<http://www.fns.usda.gov/wic>> (June 30, 2008).
- <sup>7</sup> United States Department of Agriculture, "MyPyramid," <<http://www.mypyramid.gov/pyramid/index.html>> (June 30, 2008).
- <sup>8</sup> National Aeronautical and Space Administration (NASA), NASA CONNECTTM Series, 2003-2004, <[http://www.nasa.gov/pdf/172349main\\_What\\_is\\_a\\_Serving\\_Size.pdf](http://www.nasa.gov/pdf/172349main_What_is_a_Serving_Size.pdf)> (June 30, 2008).
- <sup>9</sup> March of Dimes, Pregnancy and Newborn Health Education Center, "Folic Acid," <[http://www.marchofdimes.com/pnhec/173\\_769.asp](http://www.marchofdimes.com/pnhec/173_769.asp)> (June 30, 2008).
- <sup>10</sup> Food & Nutrition Service, United States Department of Agriculture (USDA), Women, Infants and Children, <<http://www.fns.usda.gov/wic>> (July 16, 2009).
- <sup>11</sup> Macones, George, MD and Dowshen, Steven, MD, Health for Parents, "Staying Healthy During Pregnancy," July 2005. Updated by Gavin, Mary L., MD., <[http://www.kidshealth.org/parent/pregnancy\\_newborn/pregnancy/preg\\_health.html](http://www.kidshealth.org/parent/pregnancy_newborn/pregnancy/preg_health.html)> (June 30, 2008).
- <sup>12</sup> Tobacco Research and Intervention Program at the H. Lee Moffitt Cancer Center & Research Institute at the University of South Florida, Forever Free™ A Guide to Remaining Smoke Free, "Forever Free... for Me and My Baby, Booklet 4, Smoking and Health," 2004, pp. 5-9.
- <sup>13</sup> U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute, "Cleaning the Air, Quit Smoking Today," 2003, <[http://www.smokefree.gov/pubs/clearing\\_the\\_air.pdf](http://www.smokefree.gov/pubs/clearing_the_air.pdf)> (June 30, 2008).
- <sup>14</sup> The American College of Obstetricians and Gynecologists, pp. 97-106.
- <sup>15</sup> The American College of Obstetricians and Gynecologists, p. 41.
- <sup>16</sup> The American College of Obstetricians and Gynecologists, pp. 97-106.
- <sup>17</sup> The American College of Obstetricians and Gynecologists, pp. 97-106.
- <sup>18</sup> The American College of Obstetricians and Gynecologists, p. 41.
- <sup>19</sup> March of Dimes, Pregnancy and Newborn Health Education Center, "How Your Baby Grows," <[http://www.marchofdimes.com/pnhec/28699\\_2134.asp](http://www.marchofdimes.com/pnhec/28699_2134.asp)> (June 30, 2008).
- <sup>20</sup> The American College of Obstetricians and Gynecologists, p. 130.
- <sup>21</sup> American Diabetes Association, "Gestational Diabetes." Copyright © 2008 American Diabetes Association, from <http://www.diabetes.org>, reprinted with permission from The American Diabetes Association, <<http://www.diabetes.org/gestational-diabetes.jsp>> (June 30, 2008).
- <sup>22</sup> The American College of Obstetricians and Gynecologists, pp. 61-81.
- <sup>23</sup> The American College of Obstetricians and Gynecologists, pp. 178-179.
- <sup>24</sup> HealthlineSM Exclusive, The Second Trimester of Pregnancy, Concerns & Tips, 2006, <<http://www.healthline.com/yodocontent/pregnancy/second-trimester-concerns-tips.html>> (June 30, 2008).
- <sup>25</sup> March of Dimes, Pregnancy and Newborn Health Education Center, "How Your Baby Grows," <[http://www.marchofdimes.com/pnhec/28699\\_2134.asp](http://www.marchofdimes.com/pnhec/28699_2134.asp)> (June 30, 2008).
- <sup>26</sup> Baby Center, "Fetal Movement: Feeling your baby kick," 2006. © BabyCenter LLC. 1997-2008. All rights reserved. (June 30, 2008).
- <sup>27</sup> March of Dimes, Pregnancy and Newborn Health Education Center, "Preparing for the New Arrival: Getting Ready for Baby," March 2008, <[http://www.babycenter.com/0\\_fetal-movement-feeling-your-baby-kick\\_2872.bc](http://www.babycenter.com/0_fetal-movement-feeling-your-baby-kick_2872.bc)> (June 30, 2008).
- <sup>28</sup> March of Dimes, Pregnancy and Newborn Health Education Center, "What You Need to Know," April 2008, <[http://www.marchofdimes.com/pnhec/188\\_1080.asp](http://www.marchofdimes.com/pnhec/188_1080.asp)> (June 30, 2008).
- <sup>29</sup> The American College of Obstetricians and Gynecologists, p. 170.
- <sup>30</sup> The American College of Obstetricians and Gynecologists, pp. 174-175, 194-195.
- <sup>31</sup> The American College of Obstetricians and Gynecologists, pp. 165-166.
- <sup>32</sup> The American College of Obstetricians and Gynecologists, pp. 168-169.
- <sup>33</sup> © Tamalyn and parentingweb.com, "Why Breastfeed?" 1998 – 2006, <<http://parentingweb.com/lounge/whybf.htm>> (June 30, 2008).
- <sup>34</sup> © Tamalyn and parentingweb.com, "Why Breastfeed?" 1998 – 2006, <<http://parentingweb.com/lounge/whybf.htm>> (June 30, 2008).
- <sup>35</sup> © Tamalyn and parentingweb.com, "Why Breastfeed?" 1998 – 2006, <<http://parentingweb.com/lounge/whybf.htm>> (June 30, 2008).
- <sup>36</sup> The American College of Obstetricians and Gynecologists, p. 228-229.
- <sup>37</sup> The American College of Obstetricians and Gynecologists, pp. 280-284.
- <sup>38</sup> The American College of Obstetricians and Gynecologists, p. 308.
- <sup>39</sup> U.S. Department of Health and Human Services, Health Resources and Services Administration ([www.hrsa.gov](http://www.hrsa.gov)), Maternal and Child Health Bureau under a contract with the National Sudden Infant Death Syndrome (SIDS)/Infant Death Resource Center, Contract No. NIHIDIQ-263-01-D-0208. The National SIDS/Infant Death Resource Center is operated by Circle Solutions, Inc., <<http://www.sidscenter.org/documents/SIDRC/BacktoSleep.pdf>> (June 30, 2008).
- <sup>40</sup> Familydoctor.org. Adapted with permission from a booklet produced by the Injury Subcommittee of the National Healthy Mothers, Healthy Babies Coalition, August 2006. © 1996-2008, American Academy of Family Physicians, <<http://familydoctor.org/online/famdocen/home/healthy/safe/>> (June 30, 2008).







BLUECHOICE HEALTHPLAN OF  
SOUTH CAROLINA  
PO BOX 100148  
COLUMBIA SC 29202-3148

This information is being provided for general information purposes only and is not the practice of medicine or a substitute for the independent medical judgment of a treating physician. Only a treating physician can determine what treatment is appropriate for a patient.

BlueChoice HealthPlan is an independent licensee of the Blue Cross and Blue Shield Association. © BlueChoice, BlueCross, BlueShield and the cross and shield symbols are registered marks of the Blue Cross and Blue Shield Association. © MedCall is a registered mark of WellPoint, Inc. Medicaid managed care administered by WellPoint Partnership Plan, LLC, an independent company.