



Healthy Pregnancy



We want to make sure that you and your baby are as healthy as possible during your pregnancy.

This packet can help you learn how.

We have included information on vaccinations (shots), nutrition, dental care, mental health, and more.

Your Obstetrician (“OB”) or midwife should also give you important information about how to be healthy during your pregnancy.



If you have any questions about your pregnancy care, call your OB or midwife right away.

You can also visit qrco.de/beSGLO to learn more about all the topics included in this booklet.

Medicines During Pregnancy

Not all medicines are safe to take while pregnant. Check with your OB or midwife before you take any medicine, vitamin, or supplement.



Use Your Member Benefits!

When you are pregnant, you have many member benefits to help you have a healthy pregnancy.



Maternity and Newborn Care

CenCal Health covers these maternity and newborn care services:

- Breastfeeding education and aids
- Delivery and postpartum care
- Breast pumps and supplies
- Prenatal care
- Birthing center services
- Certified Nurse Midwife (CNM)
- Licensed Midwife (LM)
- Diagnosis of fetal genetic disorders and counseling
- Newborn care services

Chiropractic and Acupuncture Services

CenCal Health covers chiropractic and acupuncture services during pregnancy through at least 60 days following delivery. Chiropractic services are limited to two services per month in combination with acupuncture and other services.

Doula Services

CenCal Health covers doula services to include personal support to those pregnant and their families throughout pregnancy, labor, and the postpartum period.

To learn more about any of these benefits, call Member Services at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711) Monday - Friday, 8 a.m. - 5 p.m.



Finding a Provider

To get a Provider Directory of in-network providers, call Member Services at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711) Monday - Friday, 8 a.m. - 5 p.m. or search the Provider Directory online at www.cencalhealth.org/providerdirectory.



- **Obstetrician**

If you haven't already, call an Obstetrician (also called an "OB") to start pregnancy care. You will have routine visits with the OB during your pregnancy.

- **Midwife**

Midwives are trained to provide medical care and support before, during, and after the birth. You may choose to get your pregnancy care and/or delivery from a midwife.

- **Breastfeeding Consultant**

You can also work with a breastfeeding expert called an "International Board-Certified Lactation Consultant" or IBCLC.

An IBCLC can help you with breastfeeding your new baby.



Schedule of Visits and Tests

Talk with your OB or midwife about the exact schedule that is right for you and your baby.

First Trimester (0 to 13 weeks):

- 8–12 weeks: First visit, ultrasound, blood tests
- Prenatal visits about once a month

Second Trimester (14 to 27 weeks):

- 18–22 weeks: Ultrasound
- Blood glucose screening
- Prenatal visits about once a month

Third Trimester (28 to 40 weeks):

- Between 32–34 weeks: Ultrasound (if needed)
- Between 27–36 weeks: Tdap and Flu shots
- Group B Strep test
- Prenatal visits about every 2 weeks until week 38
- Prenatal visits about every week until birth, starting at 38 weeks

What's Common and What's Urgent?

Swelling

Common

It is common to have some mild swelling in the face, hands, and feet because of normal fluid buildup during pregnancy.

Urgent

Call your OB or midwife if you have sudden swelling of the face and hands that doesn't go away during the day.

This may be a symptom of preeclampsia, which can be dangerous if not treated.



Cramps

Common

Leg cramps are common during pregnancy, especially in the second and third trimesters. And they happen most often at night.

Urgent

Leg pain or tenderness (not cramps) may be a sign of a serious problem called deep vein thrombosis, or DVT. DVT isn't common during pregnancy, but it can be life-threatening and requires medical treatment.

If you have any leg pain and redness that doesn't go away (especially with leg swelling), contact your OB or midwife right away.



Nausea/Vomiting

Common

Many women experience nausea and sometimes vomiting during the first 16 weeks of pregnancy. This usually goes away as pregnancy progresses.



Urgent

Vomiting during pregnancy is more likely to be serious if the vomiting is moderate to severe (occurs more than 2 to 3 times per day) or is accompanied by lower abdominal (pelvic) pain or vaginal bleeding. **If you have severe, ongoing nausea and vomiting, see your OB or midwife for treatment.**

Fever

Common

It is not unusual to develop a viral illness that causes a fever during pregnancy or after your delivery. Mild fevers that last only a short time usually are not a concern.

Urgent

If you experience an ongoing fever that does not improve after several days, talk to your OB or midwife.

Bleeding

Common

It is normal for some pregnant women have some spotting or light vaginal bleeding in the first trimester.

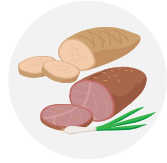
Urgent

Bleeding in the second or third trimester of pregnancy may mean a problem is present. Talk with your OB or midwife.

Nutrition/Vitamins

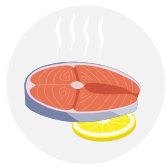
Your nutrition needs increase during pregnancy. Your body needs protein, carbohydrates, and fats for energy.

Good sources of these nutrients include:



Lean protein like fish that are low in mercury, poultry without skin, low-fat milk products, and beans and peas (legumes). Fish that are low in mercury include shrimp, salmon, and catfish.

Carbohydrates from whole grains, fruits, vegetables, legumes (peas, beans, and lentils), and low-fat milk products.



Unsaturated fats like olive oil and canola oil, nuts, and fish.

Important vitamins and minerals during pregnancy include:

Calcium: Found in dairy products and things like tofu, broccoli, fortified orange juice or soy milk, and greens.

Folic acid: Found in foods such as liver, vegetables (especially spinach, asparagus, and brussels sprouts), fruits (such as bananas and oranges), and beans and peas. Enriched products such as cereal, bread, pasta, and rice are also good sources.

Iron: Found in foods such as red meat, shellfish, poultry, eggs, nuts, beans, raisins, whole-grain bread, and leafy green vegetables.

Even if you have good eating habits, it is recommended to **take a prenatal vitamin** to make sure you get enough iron and folic acid **every day**.

Your local Women, Infants, and Children (WIC) office can also give you lots of great information about nutrition and give you money to buy healthy foods, if you qualify. (see page 19 for more information).

Dental Care

A healthy mouth and good dental habits are an important part of a healthy pregnancy.



To keep your teeth and gums healthy:

- Brush your teeth twice a day (in the morning and before bed) and floss once a day.
- Eat a healthy diet to help keep your gums healthy and your teeth strong. Avoid foods that contain a lot of sugar.
- Schedule checkups and cleanings as often as your dentist recommends them.
- Don't smoke, vape, or use smokeless tobacco.

Remember:

These healthy habits are important for your baby too. A child's dental care really starts with the mother's healthy pregnancy, because baby teeth start to form before birth.

If you have questions or want to learn more about dental services, call the Medi-Cal Dental Program at 1-800-322-6384 (TTY 1-800-735-2922 or 711).

You may also visit the Medi-Cal Dental Program website at www.dental.dhcs.ca.gov or smilecalifornia.org/



Immunizations

The flu and COVID-19 can also be dangerous for you when you're pregnant.

You need vaccinations for flu, COVID-19, and whooping cough (pertussis) during your pregnancy. This is because these diseases are dangerous for newborns and young infants.



Getting vaccinated against the flu, COVID-19, and Tdap (tetanus, diphtheria, and pertussis) during pregnancy is considered safe for your fetus. These vaccines protect both you and your newborn.

The U.S. Centers for Disease Control and Prevention (CDC) recommends the following:

1 If you didn't get the yearly flu vaccine yet, get the flu shot during your pregnancy.

2 Protect yourself against pertussis with the Tdap vaccine before each pregnancy.

3 Get the COVID-19 vaccine during your pregnancy.



Mental Health

It's common to have some worry while you're pregnant and after childbirth.

But if it lasts more than 2 weeks, your OB will want to know.

Together, you can find ways to help you feel better.

Your mental health is just as important as your physical health.

Don't be afraid to ask for help if you need it. Seeing a mental health specialist can be good for the health and quality of life for both you and your baby.

Mental Health services are free for CenCal Health members.

- Call Member Services at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711) Monday - Friday, 8 a.m. - 5 p.m.
- Your Primary Care Provider, OB, or midwife can also refer you to a mental health specialist.



Exercising During Pregnancy

Exercise during pregnancy is good for those who are considered healthy and who are receiving prenatal care. Try to do at least 2½ hours a week of moderate exercise.

One way to do this is to be active 30 minutes a day, at least 5 days a week. It's fine to be active in blocks of 10 minutes or more throughout your day and week.

While you are pregnant, listen to your body.

- When you're fatigued, take it easy, but don't become completely inactive. Mild to moderate aerobic exercise, such as walking, helps your mood and keeps your energy up.
- If you like regular strenuous exercise, pay attention to your body's signals to gradually slow down or change your routine as your pregnancy advances.
- Remember that you can feel off balance as your body changes with pregnancy. So be extra careful when you do any exercise in which you could lose your balance.

Remember:

- Do not start a new or more strenuous exercise program without first checking with your Obstetrics Provider.
- Do not use exercise to lose weight.
- Avoid exercising during hot, humid weather or if you are not feeling well.
- Discontinue dangerous sports, such as horseback or motorcycle riding, water-skiing, diving, parachute jumping, or scuba diving.



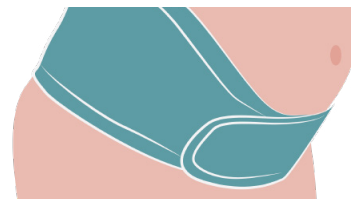
Pelvic Floor and Hip Pain

It's normal to get aches and pains in your hips and pelvic area when you're pregnant. Pregnancy hormones relax your ligaments. This loosens up your pelvic bones so they can shift and open for childbirth.

Try these tips to manage pelvic and hip pain.



Lie on your back, propped up on your elbows or a pillow. Then, squeeze a pillow between your knees. This can help realign your pelvic bones.



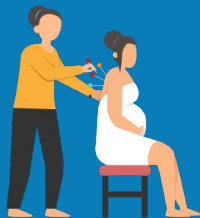
Wear a prenatal belt or girdle around your hips, under your belly. It can help stabilize your hips.



Sleep with a pillow between your knees. This may help relieve pain.



Rest when you can. When you rest, it may help to apply heat to the painful areas.



Try acupuncture treatments (see page 3) or learn pelvic stabilizing exercises from a physical therapist.

These exercises strengthen the muscles that support your pelvis. Both acupuncture and stabilizing exercises can help reduce pelvic pain during pregnancy.

Getting Ready—Childbirth Class

A childbirth education class can teach you and your partner a lot. This is especially true if it's your first pregnancy.

A good time to start the class is in your sixth or seventh month of pregnancy.

Most childbirth education classes will:

- Give you good information about what you can expect during pregnancy and labor and delivery. You may also learn what to expect in the hours, days, and weeks after delivery (postpartum period).
- Teach you about proper diet and exercise.
- Show you techniques for relaxation, muscle control, and breathing during labor and delivery. There are several methods that might be taught. The most common are Lamaze, Bradley, and Read.



Taking a childbirth education class can reduce your stress both before and during labor and delivery. That's because the class can prepare you to deal with what might happen.

Call your OB or midwife or your local hospital or birthing center to learn more about these classes.

Getting Ready—Birth Plan

A birth plan is a guide for your labor and delivery.

It tells your OB and the other people who will be at your delivery what your choices are for medicines, positions, and more.



Reminder:

Create your birth plan at any time. Most people create theirs around the sixth or seventh month of pregnancy.



To view a sample birth plan, visit qrco.de/cencalhealth or scan this QR code with your camera phone and tap the link that pops up:



Getting Ready—Breastfeeding

Breastfeeding lowers your child’s risk for sudden infant death syndrome (SIDS). Breast milk may also help protect your child from some health problems, such as infections, obesity, and diabetes.

Breastfeeding is a learned skill—you will get better at it with practice. Be patient with yourself and your baby.

If you have trouble, OB, nurses, and lactation consultants can all help. So can friends, family, and breastfeeding support groups.



Some aspects of breastfeeding may come naturally.

However, learning some breastfeeding skills and techniques can help you be more successful. Before your baby is born, take classes, read books, and watch videos that demonstrate breastfeeding techniques.

If you have concerns about your ability to breastfeed, talk to a lactation consultant while you are pregnant.

After your baby is born, it is helpful to have one-on-one instruction with a lactation consultant or other knowledgeable health professional.

Your OB or midwife can help connect you to an expert, or call Member Services at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711) Monday - Friday, 8 a.m. - 5 p.m. See page 4 for more information.

After Delivery: Your New Baby!

Once your baby is born, it is recommended that they should have immediate and uninterrupted skin-to-skin contact with you.

This helps with successful breastfeeding and bonding. You can ask that the newborn exam wait for 30-60 minutes until your baby has moved onto your breast for early breastfeeding.



You will deliver the placenta shortly after your baby comes, and it will be attached to your baby until it stops pulsing.

Once all the blood is drained, you will then clamp the umbilical cord. This causes no pain to you or your baby.



Your OB or midwife can help connect you to a lactation expert to help with breastfeeding. It can be tricky at first, but you will soon get comfortable with it.

If it is difficult, your OB can help you explore other options, like pumping or formula. Exclusive breastfeeding is recommended for at least the first 6 months.



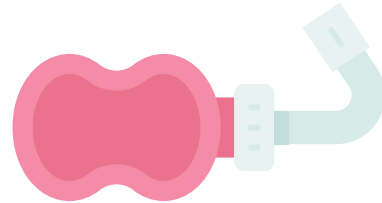
Breast pumps are FREE for CenCal Health members.

After Delivery: Caring for Yourself

Some things you might want to have on hand for after delivery are:



Ice packs (for your vagina and your breasts)



Peri bottle (for cleaning after using the bathroom)



Family or friend support (so you can rest as much as possible)



Healthy and nourishing foods

Resources

Would you like nurse home visits and other services at no cost?

Call the Maternal Child Adolescent Health (MCAH) program to see if you qualify.

- Santa Barbara County: 1-800-288-8145
- San Luis Obispo County: 1-800-660-3313

The Women, Infants, and Children (WIC) program

Can provide breastfeeding support, money for healthy food, and more.

- Santa Barbara County:
 - » 1-877-275-8805
 - » qrco.de/becOQ7
- San Luis Obispo County:
 - » 1-800-660-3313
 - » qrco.de/becOSC



To see if you qualify for **free transportation** to your appointment, call CenCal Health's Member Services department toll-free at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711), Monday - Friday, 8 a.m. - 5 p.m. or Ventura Transit Systems at (855) 659-4600.



For access to our **online health education library** with information, tools, and resources for preventive care and healthy lifestyles, visit www.cencalhealth.org and click on "Health and Wellness."



To **speak with a Health Educator** at CenCal Health, please call 1-800-421-2560 ext. 3126. Leave a voicemail with your request for support or information, and we will call you back as soon as possible. You can also request health education materials through your Member Portal account at qrco.de/CCHmemberportal.

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at 1-877-814- 1861 (TTY/TDD 1-833-556-2560 or 711)
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