

Attachment K.1.c
Hawai'i Prenatal Brochure



Getting Postpartum Care

Postpartum care is the health care you receive after your baby is born.

After the baby is born:

- Keep your follow-up appointment
 - You will need to see your OB/GYN doctor within 6 weeks after the baby is born
- Your health care benefits include coverage for your baby
 - Beginning at birth, your baby needs regular health checkups, even if he/she is not sick
 - Health checkups for your baby should begin 1 week after birth and continue as scheduled by the baby's doctor
 - **Health checkups for your baby will not cost you anything**

'Ohana also offers family planning services and birth control options.

If you need help finding a provider, call Customer Service at 1-888-846-4262. Call Monday–Friday, 7:45 a.m. to 5:30 p.m. HST. TTY users call 1-877-247-6272.

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<City, State ZIP code>



Prenatal and Postpartum Care

A Guide to Good Health for You and Your Baby





Getting Prenatal Care

Prenatal care is the health care you receive while you are pregnant.

- Your pregnancy is confirmed with a pregnancy test
- You will get more information about being pregnant
- Tests are done to see if there are any problems with your baby
- Your health conditions are monitored (if you have any)

Pregnant 'Ohana members **do not** have co-pays.

When should you get prenatal care?

You should:

- Have your first visit as soon as you think you are pregnant
- Keep ALL your prenatal appointments

All 'Ohana moms-to-be are asked to take part in a health risk assessment by phone.

Who provides your prenatal care?

- OB/GYN doctors, certified nurse midwives or other approved health professionals
- Hospital-based prenatal programs

Getting Prenatal Care — OB/GYN Visits

What happens during a prenatal visit?

Your OB/GYN doctor will:

- Check your blood pressure, weight gain and urine
- Measure the baby's growth to determine due date
- Check the baby's heart rate (you will hear your baby's heartbeat at around 10–12 weeks of pregnancy)
- Answer your questions

How often should you get prenatal care?

You should have:

- One visit every month until you reach 32 weeks of pregnancy
- Two visits every month between 32 and 36 weeks of pregnancy
- One visit every week from 36 weeks of pregnancy until the baby is born

Visits may take place more often if you are at high risk.

Tips for Taking Care of Yourself

- Get plenty of rest
- Take your prenatal vitamins daily
- Eat a well-balanced diet and drink plenty of fluids
- Exercise regularly with your doctor's OK
- Stay away from alcohol, cigarettes and illegal drugs
- Decrease caffeine intake (things like colas, coffee, teas and chocolate)
- Avoid X-rays, hot tubs and saunas
- Avoid infections by practicing safe sex (use a condom)
- Talk with your doctor if you have ANY questions

'Ohana Health Plan, a plan offered by WellCare Health Insurance of Arizona, Inc.

Nutrition

A good diet is very important for you and your baby!

While pregnant:

- The body needs an extra 300 calories a day to stay healthy
- Eat a balanced diet with protein, fruits, vegetables and whole grains
- Eat very few sweets and fats
- Take your calcium, iron and prenatal vitamins
- Expect to gain 25 to 35 pounds total, if you are of average weight

Exercise

Medical facts show that exercise is good for both you and the baby. And it can help you feel less tired.

Good choices for pregnant women:

- Walking
- Swimming
- Riding a stationary bike
- Prenatal aerobics class

Be sure to talk with your doctor about your exercise program.

Things to Watch for During Pregnancy

Call your OB/GYN doctor right away if you have:

- Vaginal bleeding
- Leaking of fluid from your vagina
- Cramping or stomach pain
- Vomiting (especially if it lasts more than 24 hours)
- Blurred vision
- A headache that doesn't get better with a pain reliever your doctor has said it is OK to take

If you cannot reach your OB/GYN doctor or you feel that it is a true emergency, go straight to the closest ER.

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