

# Take Baby Steps...



*If you are pregnant, make sure you are taking care of your baby's health!*



**STEP ONE: Pick your OB-GYN doctor!**

Make sure they are someone you like and trust. You will see your OB-GYN doctor between 10 and 15 times during your pregnancy. If you need help picking your OB-GYN doctor, call us at **1-866-595-8133**.



**STEP TWO: Make an appointment with your OB-GYN doctor!**

Don't wait! When you are 8 weeks pregnant, schedule an appointment with your OB-GYN. They will make sure you are off to the right start.\*



**STEP THREE: Keep your OB-GYN doctor appointments!**

Regular check-ups are important! Frequent exams are the best way to help prevent problems during your pregnancy.

*\* See your doctor (Primary Care Provider) as soon as possible if you have a medical condition, had problems with a previous pregnancy or are having unusual symptoms.*

**Want more information about your pregnancy?**

To receive 3 free text messages a week, text "BABY" to 511411. Text "HELP" for questions and "STOP" to discontinue messages. For more information, visit [www.text4baby.org](http://www.text4baby.org).



Healthy is a way of life.™

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