



# What to expect at your prenatal visits

		Taking care of you					Taking care of baby
Visit every 4 weeks	Appointment date / time*	Discuss prenatal care	Discuss your birth plan	Ultrasound	Blood pressure and weight Visit may also include urine test or lab work	Glucose screening	Baby's heartbeat / growth
8-12 weeks							
12 weeks							
16 weeks				 between 18-20 weeks			
20 weeks							
24 weeks						 between 24-28 weeks	
28 weeks							
Visit every 2 weeks							
Week 30-36							
Visit every week							
Week 37-40							
Due date:							

## Peace of mind for you and your growing family

Our care managers include local doctors, nurses, and pediatric, mental health, nutrition and other specialists. Get the support you need for your family including:

- Programs for expecting or new parents
- Help with diet, nutrition, exercise
- Support for mental health, diabetes, high blood pressure or heart disease

Call **1-877-222-1240** (TTY 711), Monday - Friday from 8 a.m. to 5 p.m.

## After having baby

Schedule a follow-up visit with your provider 1-12 weeks after delivery to check on your recovery, talk about how you feel, and ask any questions you may have.

## Protect you and your baby

Talk to your provider about which vaccines are recommended during and after your pregnancy.

## What to expect

Prenatal visits check on the health of you and baby during pregnancy to lower the risk of complications.

**At your first visit**, you will discuss the benefits of prenatal vitamins for the health of you and baby. Tell your provider about any medicines or supplements you take. Your provider may discuss prenatal tests that check for birth defects or genetic concerns.

**At every visit**, your provider will check your weight and blood pressure.

**Some visits** may include a urine or blood test. These tests check your risk, or monitor changes related to, high blood pressure, preeclampsia and diabetes/gestational diabetes during pregnancy.

**Closer to your due date**, pelvic exams will check for changes in your cervix.

These visits are a good time to talk about family planning and/or contraception after your baby is born.

### Checking on Baby

- Your provider will check baby's growth, development and position in your womb.
- At 10-12 weeks of pregnancy they can begin to check your baby's heartbeat.
- At 18-20 weeks your ultrasound may be able to tell your baby's sex.
- At 20 weeks (or sooner) you may feel your baby move.

## You may see your provider more often if you...

- Have physical or mental health conditions
- Are age 35 or older
- Have or have had diabetes, cancer, high blood pressure, a sexually transmitted disease, had prior pregnancy complications or have other pregnancy risks
- Are pregnant with multiple babies, twins or triplets, for example
- Are overweight or underweight

## Your mental health matters

Talk to a health care or mental health provider if you answer yes to one or more of these questions.

- Do you feel sad, depressed, irritable or angry?
- Do you feel you are "out of control" or like you are "going crazy" or have upsetting thoughts you cannot get out of your mind?
- Are you having problems sleeping or with eating?
- Are you having problems concentrating or making decisions?
- Are you having trouble bonding with your baby?
- Do feel like you never should have become a parent?

## If you feel angry, out of control or like you may hurt your baby, take a break. Never shake a baby!



**Put baby in a safe place**



**Walk away**



**Take a time out**



**Ask for help**

## If you feel you may hurt you or your baby, call for help immediately.

### 988 Suicide & Crisis Lifeline - 24/7

Free and confidential

Call or text **988\*** or call **1-800-273-8255** (TTY 711)

Language assistance is available

For emergencies, call 911 or go to the nearest emergency room.

For non-urgent behavioral health care, many providers offer telehealth visits. Our partner MDLIVE® also provides 24/7 care by phone or video.

\* MDLIVE® coverage may vary by plan. MDLIVE® is an independent company that provides services to Excellus BlueCross BlueShield members. MDLIVE® providers are available by phone 24/7 or by video 7 days a week, 7 a.m. to 9 p.m. ET.

\*988 may not be available in every state.

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