



# Planning ahead

## Aetna Maternity Program

Get ready for a healthy pregnancy

If you're pregnant or thinking about becoming pregnant, it can be a very exciting time. And it's important to have a healthy start for both you and your baby. That's why we'll be right here to support you along the way.

### **First stop: check in with your doctor**

Before you get pregnant, take time to schedule a visit with your Ob/Gyn. If you don't have one, just log in to your member website at [aetna.com](https://www.aetna.com). Then choose "Find Care." During this important checkup, you and your doctor can discuss prenatal care, including vitamins and any necessary health screenings.

Then, check this fact sheet often. You'll find tips for staying healthy during pregnancy. It's a great way to give your baby the best start in life.



With the Aetna Maternity Program, you can count on us to offer you:

- Helpful facts on prenatal care, labor and delivery, and more
- A survey to review your health and pregnancy
- A personal nurse, if you have health conditions that may affect your pregnancy
- A stop-smoking program that can help you quit, if you smoke

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# 5 tips for a healthy start

## 1 **Make your meals count**

Folic acid is an important nutrient, and the best time to start taking it is before you get pregnant. This can help prevent birth defects of the brain and spinal cord.

## 2 **Fuel your body with safe foods**

You may want to be cautious about certain kinds of fish, unpasteurized cheese and deli meats. Talk to your Aetna® maternity nurse or your doctor about food safety during this special time.

## 3 **Stop any kind of smoking**

Women who smoke during pregnancy have a higher risk of having a miscarriage, a preterm birth and a low-birth-weight baby. Quitting smoking is one of the most important health changes you can make.

## 4 **Say no to drugs and alcohol**

If you drink or use marijuana or other drugs while pregnant, you put your baby at risk for:

- Fetal alcohol spectrum disorders
- Drug addiction or drug withdrawal

## 5 **Move those muscles**

It's great to keep moving. Regular activity can help lower your risk of pregnancy problems and even ease back pain. Check with your doctor about exercising during your pregnancy.

## Other ways to stay healthy

### **Take special care if you have diabetes**

If you have diabetes, you may have certain health risks. These include a higher risk of miscarriage or stillbirth, or having a baby with birth defects. Try to get your blood sugar under control before you get pregnant.

### **Keep your blood pressure in check**

High blood pressure may put you at higher risk for certain problems during pregnancy, which can affect your baby's growth. Talk to your doctor about ways to keep it under control.

### **Check your medicine cabinet**

Bring a list of all prescribed and over-the-counter medicine with you when you go to the doctor. It's also good to update vaccines before you conceive. Some are safe, but others may not be.

### **Talk to your doctor before traveling**

Before you travel, talk about your pregnancy plans and Zika risk. Zika is a virus spread by infected mosquitoes. Learn more at [cdc.gov](http://cdc.gov) by searching for "Zika and pregnancy."

To join our program, call us at **1-800-272-3531** weekdays from 8 a.m. to 7 p.m. ET.  
Or log in to your member website at [aetna.com](http://aetna.com) and look under "Stay Healthy."

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