

Your guide to stay healthy before and after your baby arrives

Things can seem a bit overwhelming when you're getting ready to welcome a new baby. There are things that need to be done to get you ready before, during and after the big day. No need to worry though! Here's a guide to help you keep track of some of the things you and your baby may need. **Let's get you ready.**

This information is intended for educational purposes only and not as medical advice. That's a special conversation between you and your doctor. Our goal is to help you get the most from your health plan.

Before you have your baby



Big day. Bigger bag.

When you get to your 36th week, try to have a bag ready with all the things you think you'll need at the hospital. Here are a few things to include:

- Health plan information, hospital forms and doctor/family contact numbers
- A cell phone and a charger
- Two or three pairs of warm socks and a robe or sweater
- Pajamas that button in the front and maternity bras
- Lip balm, hairbrush, toothpaste, toothbrush, deodorant, face wash, shampoo, conditioner, lotion and other essentials you like having around
- A bath towel and washcloth
- Cozy clothes for when you and your baby go home



1. Get a car seat.

You won't be able to take your new baby home from the hospital without one. A rear-facing car seat is the safest way to travel until your baby is at least 1 year old and 20 pounds. Go to ghsa.org to read about your state's laws and choose the car seat that's right for your baby.



2. Find a doctor for your baby.

You can use our *Find a Doctor* tool on anthem.com to get a list of doctors in your plan and close to your home. Choosing a doctor in your plan can help you lower your costs.



3. Set up a crib to help protect your baby.

Put the crib or bassinet near your bed rather than having the baby sleep with you. There should be no gaps larger than two fingers between the sides of the crib and the crib mattress. And keep pillows, thick quilts and stuffed toys out.



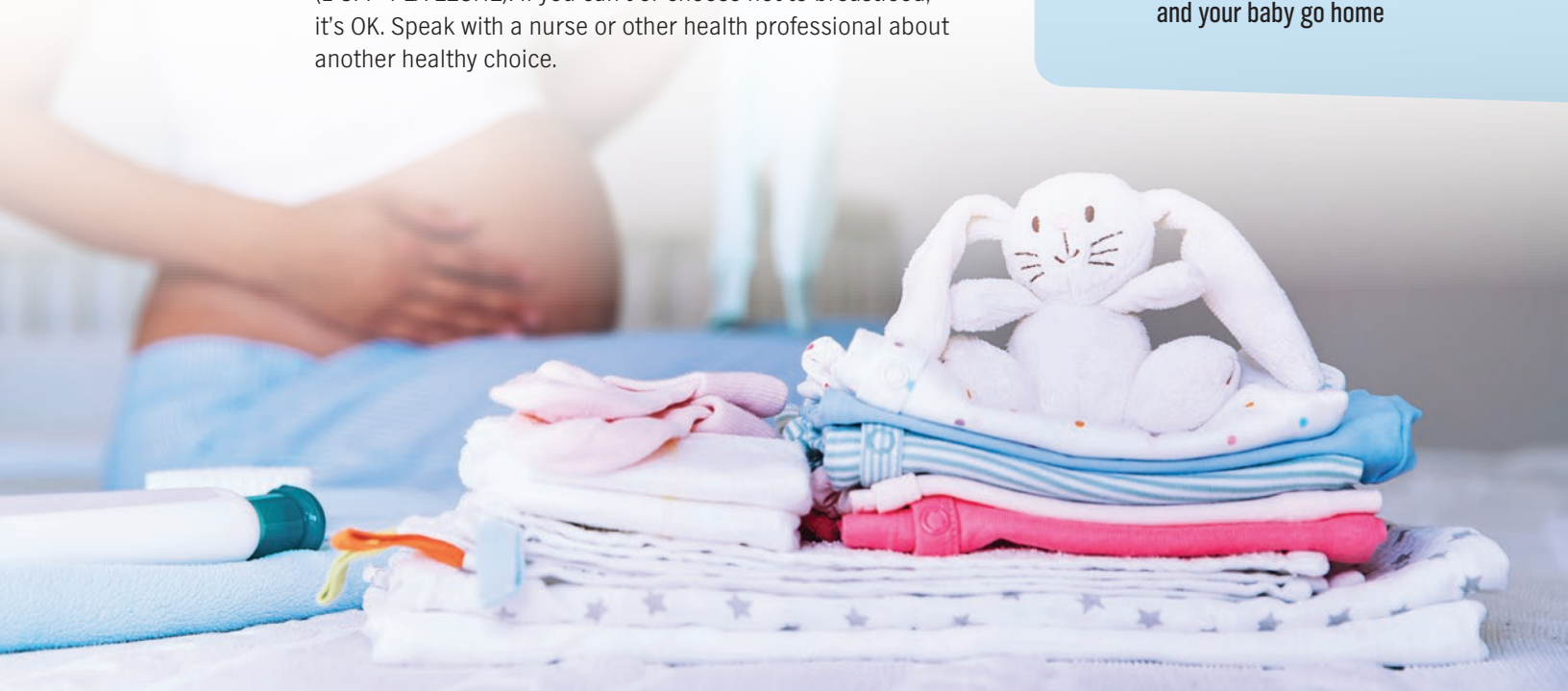
4. Plan for the big day.

You can start getting ready by taking childbirth, breastfeeding, infant care, first aid and infant CPR classes. Ask your doctor any questions you might have.



5. Choose how you want to feed your baby.

Breastfeeding has many benefits for baby and mom. Visit La Leche League to find breastfeeding support near you: lalli.org/webus.html or call the helpline at: **1-877-452-5324** (1-877-4 LA LECHE). If you can't or choose not to breastfeed, it's OK. Speak with a nurse or other health professional about another healthy choice.





After you have your baby



1. Add your new baby to your health plan.

Enroll your baby within **30 days** of birth to make sure he or she is added to your plan.



2. Schedule a postpartum checkup for yourself.

This check-up should be **4 to 6 weeks** after you have your baby. You may need to see your doctor before this visit if you had a C-section because your incision will need to be checked a week or two after delivery to make sure it's healing properly.



3. Schedule your baby's first well-child checkup.

Take your baby to see the doctor at **1 week** old and talk to the doctor about what to expect in the coming weeks.



4. Think about family planning/birth control options.

Talk to your doctor if you're thinking about having another baby and about your options for birth control.



5. Plan to return to work.

Find a reliable and trusted child care provider. If you're breastfeeding, find out if your office has a pumping room.

Here are some tips to help your body during the healing process:

- Eat healthy foods like fruits, vegetables, whole grains and proteins.
- Drink plenty of water and keep taking your pregnancy vitamins, especially if you're breastfeeding.
- Don't lift anything heavier than your baby.
- Take showers until your doctor says you can take a bath.

Doctor visits

Use this list to keep track of upcoming visits that will help you and your baby be your healthy best. This is only a general guideline so you know what to expect. Make sure you talk to your doctor about what is right for you and your baby.

Before you have your baby

- **4 to 28 weeks:** one time each month
- **28 to 36 weeks:** every other week
- **36 to 40 weeks:** one a week

Vaccines to ask about:

- Flu
- Whooping cough
- Tdap (tetanus, diphtheria, pertusis)

After you have your baby

What to expect (once within 4 to 6 weeks):

- A checkup to see how your body's healing. You may need to see your doctor sooner if you had a C-section.
- A check of your breasts, vagina, cervix and uterus.
- An "all-clear" to go back to activities you did before you got pregnant.
- A conversation about the "baby blues" (postpartum depression) and how you're adjusting to being a mom.
- Tips about caring for and feeding your new baby.

Your baby's appointments checklist

- | | | | |
|-----------------------------------|-----------------------------------|------------------------------------|---|
| <input type="checkbox"/> 1 week | <input type="checkbox"/> 4 months | <input type="checkbox"/> 12 months | <input type="checkbox"/> 24 months and then every year after that |
| <input type="checkbox"/> 1 month | <input type="checkbox"/> 6 months | <input type="checkbox"/> 15 months | |
| <input type="checkbox"/> 2 months | <input type="checkbox"/> 9 months | <input type="checkbox"/> 18 months | |

During these checkups, your baby's doctor will do various tests that measure growth to make sure your baby is growing the way he or she should. If any vaccines or screenings are needed, the doctor will take care of those, too.

Let nature run its course

Be patient. Being pregnant at least 39 weeks (40 is optimal) gives your baby's body all the time it needs to grow. In most cases, a vaginal delivery is safer for your baby. In fact, the process of labor and delivery is nature's way of helping your baby slowly adjust to life outside the womb.



WE CAN'T WAIT TO HELP YOU!

- Call the number on the back of your ID card to speak with **Member Services** about the maternity support program and benefits you're eligible for during your pregnancy.
- Speak with a registered nurse any day, any time about your health during your journey by calling our **24/7 NurseLine**.
- Get free health tips about pregnancy and children from Text4baby. Just text **BABY** to **511411** to register.

American Congress of Obstetricians and Gynecologists (ACOG); safekids.org/car-seat; Saferide4kids.com; cpsc.gov/safety-education/safety-guides/cribs/crib-safety-tips; womenshealth.gov/breastfeeding/making-decision-breastfeed; WebMD; American Academy of Pediatrics (AAP)

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company, In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by Compicare Health Services Insurance Corporation (Compicare) or Wisconsin Collaborative Insurance Corporation (WCIC). Compicare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.