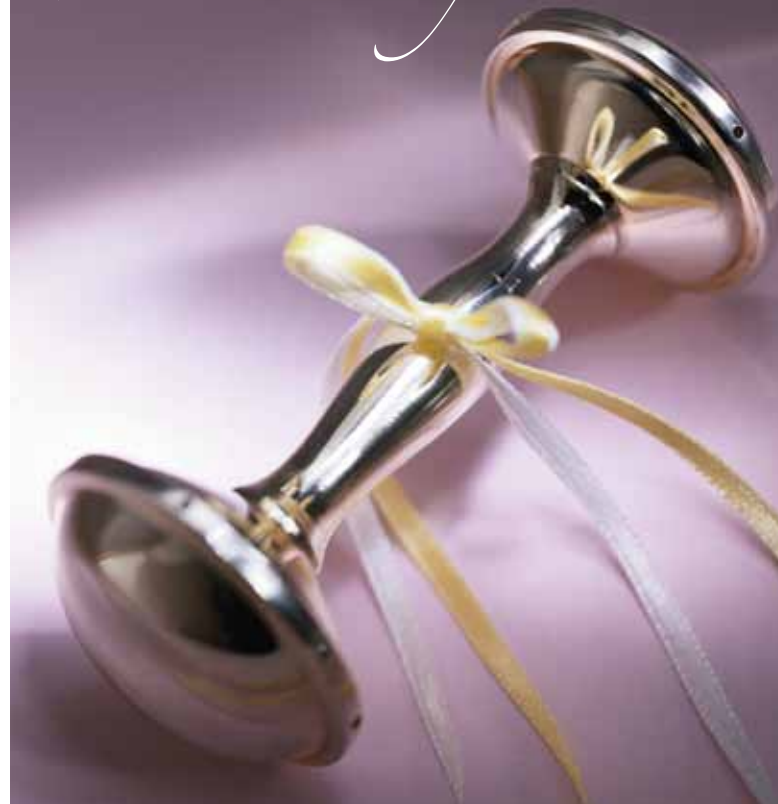


Maternity Care



Steps Toward a Healthier Pregnancy

If you're pregnant or planning to be soon, here are some important steps you can take to improve your chances of a healthy pregnancy:

- Call your doctor as soon as you think you may be pregnant.
- Get regular prenatal care from your doctor.
- Take 400 micrograms of folic acid each day.
- If you smoke, drink alcohol or take drugs, stop immediately.
- Get plenty of exercise.
- Avoid exposure to radiation, toxic substances such as lead or mercury, and chemicals such as pesticides or solvents.
- Identify any family history of problem pregnancies or birth defects.
- Get nutritional counseling.
- Check to make sure your immunizations are up-to-date at least three months before trying to conceive.
- Avoid eating raw or undercooked meat, poultry, fish and eggs.
- Stay away from unpasteurized milk and juice.
- Pass up soft cheeses such as feta, Brie, Camembert, etc.
- If you have a cat, have someone else clean the litter box.

Call today

1-800-327-3238

A special program for PAI members who are pregnant

pai
PLANNED ADMINISTRATORS INC

www.paisc.com

A Healthier Pregnancy

Having a baby is a very special and exciting time. You'll experience lots of challenges, changes and emotions. By taking good care of yourself and getting the proper prenatal care, you can increase your chances of a healthier pregnancy and give your baby a great start in life.

Resources for You

The *Maternity Care* program helps you make healthier lifestyle choices and will help you lower your risks for pregnancy-related complications. We even have a smoking cessation program for moms-to-be.

With this program, you will have access to maternity case managers, who are registered nurses with experience in obstetrics. They will work with you and your doctor to help coordinate your care and will be available throughout your pregnancy to answer your questions.

Getting Started Is Easy

Maternity Care is open to all eligible, expectant BlueCross members at no cost through your employer-sponsored health plan.

- Call us as soon as your pregnancy is confirmed.
- Complete a confidential survey online or over the phone to begin the program.

This survey will help us identify any risks you may have for certain pregnancy-related complications and know what kind of information might be helpful to you.

If at any time your pregnancy changes from low-risk to high-risk, your case manager has even more to offer you. We encourage you to call us. Registered nurses are available 24 hours a day, seven days a week to answer your questions.

After you enroll in the program, you'll receive a maternity kit. This kit includes valuable resources. You can choose one book from a list of five books, including the ever-popular *What to Expect When You're Expecting* book.

Any information provided through this program is for educational purposes only and does not replace the prenatal care you receive from your doctor. You should always check with your doctor before following any medical advice.

A great start for your baby