



Healthy you, healthy baby
A guide for moms and families

AetnaBetterHealth.com/California



Aetna Better Health® of California

Congratulations

A new baby on the way. Overjoyed? Excited? Nervous? Scared? It's normal to have all these feelings during pregnancy, often at the same time. This guide helps members to make healthy choices for both mom and baby. Just keep it handy as questions come up.



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Services here for you



Member Services

Questions about benefits and all services included in this booklet? Just call **1-855-772-9076 (TTY: 711)**.



Maternal Health Program

Our Care Management Maternal Health team consists of nurses and coordinators who will provide support during and after pregnancy such as follow ups, scheduling appointments, and provide resources.



Maternity Matters Program

Members can earn up to \$220 for completing healthy activities throughout their pregnancy. Call **1-855-772-9076 (TTY: 711)** to find out how to earn these rewards.



Communication from Aetna Better Health

We encourage members through an automated call to see their provider for a postpartum health visit within 3 months after giving birth. This automated call includes the option for members to be transferred to their provider to schedule an appointment.



Transportation

Need a ride to a doctor appointment? We cover medical, nonmedical and emergency transportation services. Call Member Services **72 hours in advance** at **1-855-772-9076 (TTY: 711)**. All rides are free after Aetna Better Health of California approves them.



Doula benefits

Doulas are trained, non-medical professionals who provide ongoing physical, emotional, and informational support to pregnant members before, during, and after childbirth. Their goals are to foster communication about childbirth, promote self-care for mom, and provide guidance on caring for baby. Doulas provide the support for a better birthing experience.



24/7-hour nurse line

Health advice is always available for our members and their family. Just call **1-855-772-9076 (TTY: 711)** and ask for the nurse line. Nurses are always ready to help.



Language assistance

All member information is available in other languages and formats. In-person and phone interpreters are also available upon request. If in-person services are best to address language needs, call Member Services at least 3 days before the appointment. For our members who cannot hear or speak well, please call **1-855-772-9076 (TTY: 711)**.



First things first . . .

Here are some key steps you'll want to take right now.

Choose and see your doctor (OB/GYN or family doctor) for prenatal care. **You'll want to take this step as soon as you think you may be pregnant.** Your doctor can answer questions, help you make healthy choices and talk with you about family planning that works for you.

It is important to receive health care during pregnancy. Regular checkups can help find any problems early when they are easier to treat. So, keep all appointments. Each one is a chance to celebrate the health and growth of mom and baby. And healthy babies start with healthy moms.

If you need help finding a doctor (for example: OB/GYN), to complete notice of pregnancy form, or to find out about our Maternity Matters program, call **1-855-772-9076 (TTY: 711)**.

Earn rewards for completing these healthy activities.



Did you know you can earn rewards by going to the doctor?

Our Maternity Matters Program is for members that are pregnant and new mothers. You can earn rewards by completing the following healthy activities:

- Completion of notice of pregnancy form – \$50
- First prenatal visit – \$25
- Each additional prenatal visits – \$10 (up to 12 visits; \$120 maximum per pregnancy)
- Postpartum visit – \$25

You can use your reward gift cards at participating retailers like Walmart, Walmart.com, CVS, Albertsons, Kroger and Safeway.



Maternal Health Program

Aetna Better Health of California has developed a program with the goal of improving the health of women during their pregnancies. The program provides support for the member before and after delivery of the newborn. You may choose to opt out of the maternal health management program at any time.

Dental health and eating for two

According to the Centers for Disease Control and Prevention (CDC), studies show that gum disease is connected to low birth weight and premature birth.

A dental checkup or cleaning is recommended. Up to 75% of pregnant women have gingivitis, a disease that occurs when gums become red and swollen. Gums may be more irritated due to pregnancy hormones.

For more information, visit www.cdc.gov/oralhealth/publications/features/pregnancy-and-oral-health.html to find out why dental care is important during pregnancy.



Healthy tips for dental care

- Brush with fluoride toothpaste at least 2 times a day
- Avoid eating and drinking too many sweets
- Make and keep regular dental appointments
- Flossing every day helps to keep gums healthy

Sweets and junk food do not provide the nutrients a baby needs. But don't worry – there are lots of different foods to get the nutrition needed for both mom and baby.

- **Whole grains:** breads, cereals, pastas and brown rice
- **Fruits:** fresh, frozen or canned without added sugars
- **Vegetables:** colorful vegetables, fresh, frozen or canned with no added salt





- **Lean protein:** chicken or other poultry, fish, eggs, beans, peas, peanut butter, soy products and nuts
- **Low-fat or fat-free dairy:** milk, cheese and yogurt
- **Healthy fats:** avocados, nuts, seeds and vegetable oils (canola and olive oil)

Are you concerned about getting good nutrition while you're pregnant? Just check with your doctor.

Talk to your doctor or pharmacist about vitamins and other medicines you are taking during your pregnancy.

Daily routines



Exercise with your doctor's approval

Being pregnant doesn't mean you have to stop doing the activities you enjoy. In fact, you'll want to stay active. It can help you be more comfortable and even lower the risk of problems during pregnancy. Regular exercise can prevent leg cramps and weight gain. Check with your doctor about healthy ways to stay active.

Some good activities are walking fast, dancing, swimming or raking leaves. Take a break when you need one and drink plenty of water. You'll want to avoid exercise that strains you, like lifting heavy weights. And remember to breathe – out as you lift, in as you relax. Avoid activities that could cause you to fall or be hit in the belly.



Get enough sleep and rest

Lots of things can make it hard to get the rest you need everything from heartburn to anxiety, back pain to baby movement.

Try these tips to get the rest you need:

- Try sleeping on your left side with one or both knees bent. This can help blood flow to you and baby.
- Use pillows between your bent knees under your belly or behind your back. You can also use them to raise your head and decrease heartburn or snoring.
- Stick with your sleep routine by going to bed and waking up at the same time. You'll want to sleep in a dark, quiet and cool room.
- Drink plenty of water during the day but cut back late in the day to avoid getting up to pee during the night.



The journey begins . . .

1 **First trimester** (First day of late menstrual period to 14 weeks)

Your body is adjusting during your first trimester of pregnancy. You may have to change your daily activities to rest your body more. Feeling sick or uncomfortable is common, but that is part of the body's adjustment for being pregnant. Be sure to drink water often and avoid substances such as cigarettes and alcohol.

During the first trimester, the baby's:

- Brain and spine begin to form.
- Eyelids form but remain closed.

2 **Second trimester** (14 weeks to 28 weeks)

You may feel more tired than normal but remember to continue to keep those healthy habits and lifestyle such as drinking plenty of water, going on short walks, and find time to rest and relax.

During the second trimester, the baby's:

- Eyelids can open and close.
- Kicks and turns are stronger.

3 **Third trimester** (28 weeks to 40 weeks)

In the final weeks of the pregnancy, it is common to feel more some discomfort, but simple lifestyle changes can help you take better care of yourself and your child on the way. Change of mood is normal but continue to keep in touch with your doctor and practice healthy routines as your doctor suggests.



During the third trimester, the baby's:

- Ability to stretch, kick, and make grasping motions has started.
- Lungs and brain are finishing their development.

Be sure to keep all checkup appointments with your doctor or OB/GYN so they can recommend the best care for you and your growing baby.

Problems you may have during pregnancy



Gestational diabetes

Gestational diabetes is a type of diabetes that starts during pregnancy. Mother's hormone levels can increase to support both mom and baby. Some of these hormones can cause blood sugar to rise above normal level. In most cases, the blood sugar level can go back to normal after giving birth.

Your doctor may recommend you use a glucometer to check your blood sugar level. Be sure to record the results and bring it to your doctor for every follow ups.

Some health tips:

- Regular visits to the doctors
- Follow a meal plan with nutritional values
- Exercise to help control your blood sugar level

You should keep all appointments with your family doctor or OB/GYN. Your doctors can talk to you about your health care needs.



Neonatal abstinence syndrome

Neonatal abstinence syndrome (NAS) happens when babies become addicted to some substances before birth. Babies can have lots of problems because of NAS:

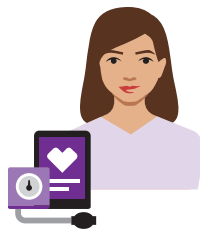
- Feeding, sleeping and sucking problems
- Moody and more crying than usual
- Diarrhea, fever, sneezing and stuffy nose
- Sweating, trembling or vomiting

To prevent NAS, regular checkups are highly recommended. Pregnant women should talk to their doctor about what they are taking or have taken in the past so the doctor can help them with their needs, including:

- Prescription and over-the-counter (OTC) medicine
- Illegal drugs
- Herbal remedies
- Alcohol and cigarettes

Neonatal Abstinence Syndrome (NAS) program

Aetna Better Health of California has a care management program to offer pregnant women extra support. This program is designed to identify pregnant women with significant substance use, including opiate addiction. Our Care Management team works with our pregnant members throughout their pregnancy. For help with questions about the NAS program or if help is needed finding the nearest doctor, call us at **1-855-772-9076 (TTY: 711)**.



High blood pressure

During pregnancy, high blood pressure is common. Checking your blood pressure often is key to staying healthy for mom and baby. When left unchecked, high blood pressure can lead to problems for both mom and baby.

Preeclampsia is a form of high blood pressure that sometimes occurs during pregnancy.

Facts on preeclampsia:

- Lowers the blood flow to the placenta, therefore the baby will not get enough nutrients and oxygen, leading to low birth weight and other health problems
- Affects a small number of pregnant women from 3% to 7%.
- Exact cause of preeclampsia is unknown
- In serious cases, mothers can develop seizure, and this is now called eclampsia
- More common in women who have a history of heart disease, diabetes, or high blood pressure

To learn more about high blood pressure during pregnancy, visit www.cdc.gov/bloodpressure/pregnancy.htm.

120 Systolic

80 Diastolic

Measured in millimeters
of mercury, or mmHg

According to the American Heart Association, the normal systolic reading should be between 90 and 120 and the diastolic reading should be between 60 and 80.

Preeclampsia warning signs

- Gaining weight (2 lbs. or more) in a week
- Stomach pain
- Throwing up/nauseated
- Swelling of hands and face
- Protein in the urine
- Headaches

For any sickness, early detection is key, allowing more treatment options. Be sure to keep your regular checkups with your doctors to talk about your overall health.



Premature birth

Full-term babies have the best chance of being healthy.

Babies need even the final months and weeks of pregnancy to fully grow and develop. Full-term pregnancy lasts between:

- 39 weeks, 0 days
- 40 weeks, 6 days

Premature and preterm mean the same thing – too soon.

When is too soon for birth? Any time before 37 weeks of pregnancy. Labor can start on its own without warning, even if you do everything right. Premature babies can have:

- Breathing and feeding problems
- Cerebral palsy (a condition that affects movement, balance and posture)
- Delays in growth
- Vision and hearing problems

Know the signs of premature birth

Call your doctor right away if you have signs of premature birth. You may be able to take medicine to help stop it or improve baby's health before birth. The signs of premature birth are the same as the signs for full-term birth:

- A feeling like baby is pushing down
- Belly cramps with or without diarrhea
- Change in vaginal discharge (watery, mucus or bloody)
- Low, dull backache
- Regular contractions that make your belly tighten like a fist, with or without pain
- Your water breaks

Lower your risk of premature birth

- Go to your first prenatal care checkup as soon as you think you're pregnant.
- Get treatment for health conditions like high blood pressure, diabetes, depression and thyroid problems.
- Talk with your doctor about getting shots to help protect against some infections.
- Find a healthy weight before pregnancy. And gain the right amount of weight during pregnancy.
- Lower your stress.



After birth

Postpartum care and regular visits

Postpartum depression

Eight out of ten women have the baby blues after childbirth. Some women have mood swings, sadness, anxiety and crying spells. Others lose their appetite or have trouble sleeping. But the baby blues usually don't need treatment and go away after a week or two. Postpartum care is not a one-time visit to the doctor after given birth. It should be scheduled regularly after the baby is born.

Talk with your doctor right away

If you think you might have postpartum depression, talk with your doctor. Medicine and counseling can help improve symptoms or even make them go away.

If you need help scheduling doctor's appointments after you gave birth or have trouble getting to your appointments, call us at **1-855-772-9076 (TTY: 711)**.

Helping moms like you with breastfeeding and support

Aetna Better Health of California covers maternity and newborn services such as:

- Breastfeeding education and aids
- Delivery and postpartum care
- Breast pumps and supplies
- Prenatal care
- Birthing center services
- Certified nurse midwife (CNM)
- Licensed midwife (LM)
- Newborn care services
- Diagnosis of fetal genetic disorders and counseling



Regular visits

Keep baby healthy with regular visits

Routine checkups and immunizations during the first 30 months are very important for mom and baby. Checkups can help the doctor find and treat health problems early. It is recommended that babies get at least 6 well visits during the first 15 months of life and at least 2 more visits from 15-30 months.

Important screenings for mom and baby

Baby

- **Lead screening:** Lead is a toxin that can be dangerous to your kids at a young age, especially when they are growing and developing. Lead screening should be done by age 2.
- **Developmental screenings** take a closer look at how your child is developing. Doctors use tools such as questionnaires to see the child's development, including language, movement, thinking, behavior, and emotions. Development screenings should be done at 9 months, 18 months, and 30 months of age.

Mom

- **Maternal depression screening** checks for depression after childbirth. Your doctor uses the screening to help find out if you have developed depression related to having a baby. It is recommended that you scheduled an appointment with your doctor between 7 and 84 days after delivery for a depression screening.

Recommendations for preventive health care

This schedule is derived from the Centers for Disease Control and Prevention guidelines and the American Academy of Pediatrics/Bright Futures. The numbers on the charts (e.g., 1st, 2nd, etc.) denote dosage.

Age	Birth	1 mo	2 mo	4 mo	6 mo
Vaccination/immunization					
Hepatitis B (HepB)	1st	2nd			3rd (between 6-18 mos)
Rotavirus			1st	2nd	3rd
Diphtheria tetanus & pertussis (DTaP)			1st	2nd	3rd
H. Influenzae (Hib)			1st	2nd	3rd
Pneumococcal conjugate (PCV13)			1st	2nd	3rd
Inactivated poliovirus (IPV)			1st	2nd	3rd (between 6-15 mos)
Flu					Annual vaccination 1 or 2 doses (between 6-15 mos)

Age	9 mo	12 mo	15 mo	18 mo	24 mo
Vaccination/immunization					
Hepatitis B (HepB)	3rd (between 6-18 mos)				
Diphtheria tetanus & pertussis (DTaP)			4th		
H. Influenzae (Hib)		3rd or 4th			
Pneumococcal conjugate (PCV13)		4th			
Inactivated poliovirus (IPV)	3rd (between 6-15 mos)				
Measles, mumps, rubella (MMR)		1st			
Hepatitis A (Hep A)		2-dose series at age 12-23 mos			
Varicella chicken pox		1st			
Flu	Annual vaccination 1 or 2 doses (between 6-15 mos)				

Aetna complies with applicable federal civil rights laws and does not discriminate on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation.

English: Attention: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104 (TTY: 711)**.

Spanish: Atención: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104 (TTY: 711)**.

Chinese: 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電您的 ID 卡背面的電話號碼或 **1-800-385-4104 (TTY: 711)**。

For more information, visit [AetnaBetterHealth.com/California](https://www.aetna.com/California) or call 1-855- 772-9076 (TTY: 711). We are here to support you every step of the day.

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