



THREE STEPS to a healthy pregnancy

1 Talk to a doctor



Make an appointment with a doctor or nurse midwife.

(MassHealth members don't need a referral.)

- **Tell your doctor** right away about any medications you may be taking
- **At your appointment**, ask about the changes to your body that you can expect

Find your insurance card and let your health plan know you are pregnant

If you can't find your MassHealth card, call MassHealth at (800) 841-2900 for help.

2 Take care of yourself



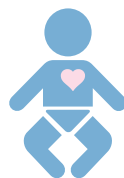
DO

Take a prenatal vitamin with folic acid.

DO EAT

- lean meat & poultry
- fish low in mercury
(haddock, salmon, canned light tuna)
- low-fat dairy
- whole grains
- beans & lentils
- a wide variety of fruits & veggies
- nuts

DO's & DON'Ts



DON'T EAT or DRINK

- undercooked or raw meat, eggs, or fish
- fish high in mercury
(swordfish, orange roughy, bigeye tuna)
- anything unpasteurized
(milk, cheese, juice, etc)
- hot dogs or cold cuts
(unless steaming hot)
- too many sweets
- more than one cup of coffee a day
- alcoholic beverages

DON'T SMOKE!

By taking care of yourself, you are taking care of your baby, too.

Your **baby's organs** start forming right away.

3

Get information and support



✓ Call the Baby Hotline at (800) 311-BABY (2229)

When asked for your state, say “Massachusetts.”

This hotline, run by the U.S. Department of Health & Human Services, will connect you to the Maternal Child Helpline at the Massachusetts Department of Public Health.

The Helpline is staffed Monday through Friday, 9 a.m.–5 p.m. by English and Spanish speakers, and can help pregnant women and children connect to WIC (Women, Infant & Children) and other statewide resources.

✓ Text4Baby

Text4baby is a **free** cell phone text messaging service for pregnant women and new moms.

Services include

- appointment reminders
- tips
- information on what to expect

Signing up is easy!

Just text **BABY** or **BEBE** to **511411** or go to **Text4Baby.org** and download the app.

✓ The Journey Project

The Journey Project is an interactive web-based resource for pregnant and parenting women with substance use disorders. The site, featuring informational slideshows, video testimonials and links to resources, is designed to increase access to treatment and provide support, guidance, and encouragement to women in recovery.



REMEMBER

Smoking, drinking or taking street drugs are **NEVER** good for your baby. If you need support, these programs can help.

MA Smoker's Helpline

(800) QUIT-NOW

(800) 784-8669

MA Substance Use Hotline

(800) 327-5050

