Three Steps to a Healthy Pregnancy

# 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.   
(TTY: (800) 497-4648).

## Take care of yourself

DO’s & DON’Ts

# 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

# DON’T EAT or DRINK

• undercooked or raw meat, eggs, or fish

• fish high in mercury (swordfish, orange roughy, albacore tuna)

• anything unpasteurized (for example, 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.

# Get information and support

Call the Baby Hotline at 1-800-311-BABY (2229)  
When asked for your state, say “Massachusetts” to be connected 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. and can help pregnant women and children connect to WIC (Women, Infants, Children) and other statewide resources.

## Safelink (https://www.casamyrna.org/get-support/safelink/)

One in four women experience abuse in an intimate relationship at some point in their lives. Violence, controlling behaviors, and other abuse can get worse when women are pregnant. SafeLink, the Massachusetts domestic violence hotline at (877) 785-2020, provides free, confidential support and information about local programs.

## The Journey Project (https://journeyrecoveryproject.com/)

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. Go to www.journeyrecoveryproject.com to take advantage of this valuable resource.

## Text4Baby (https://www.text4baby.org/)

Text4baby is a free cell phone text messaging service for pregnant women and new moms. Signing up is easy!

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

# 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