



Plan early

Aetna Enhanced Maternity Program™

Get ready for a healthy pregnancy

If you're pregnant or thinking about having a baby, it can be a very exciting time. And it's important to have a healthy start for both you and your baby. That's why we're here to support you along the way.

First step: Check in with your doctor

Before you get pregnant, take time to schedule a visit with your Ob/Gyn. If you don't have one, log in to your member website at **Aetna.com**. Then choose "Find Care." During this important checkup, you and your doctor can discuss prenatal care, including vitamins and any necessary health screenings.

Second step: Check this fact sheet often

You'll find tips for staying healthy during your pregnancy. It's a great way to give your baby the best start in life.

Join the Aetna Enhanced Maternity Program for access to:

- Helpful information on prenatal care, labor and delivery, and more
- A survey about your health and pregnancy
- A personal nurse, if you have health conditions that may affect your pregnancy
- Guidance and support to help stop smoking
- Phone-based genetic counseling and screening as well as convenient, confidential and cost-effective genetic testing
- A fertility advocate to help you navigate your fertility journey*

*If your plan includes this benefit.



To join the Aetna Enhanced Maternity Program, **scan the QR code with your mobile device** or call us at **1-800-272-3531 (TTY: 711)** weekdays from 8 AM to 7 PM ET.

5 tips for a healthy start

1

Make your meals count

Folic acid is an important nutrient, and the best time to start taking it is before you get pregnant. This can help prevent birth defects of the brain and spinal cord.

2

Fuel your body with safe foods

You may want to be cautious about eating certain kinds of fish, unpasteurized cheese and deli meats. Talk to your Aetna® maternity nurse or your doctor about food safety during this special time.

3

Stop smoking

Women who smoke during pregnancy have a higher risk of having a miscarriage, a preterm birth and a low-birth-weight baby. Quitting smoking is one of the most important health changes you can make.

4

Say no to drugs and alcohol

If you drink or use marijuana or other drugs while pregnant, you put your baby at risk for fetal alcohol spectrum disorders and drug addiction or drug withdrawal.

5

Move those muscles

Regular activity can help lower your risk of pregnancy problems and even ease back pain. Check with your doctor about exercising during your pregnancy.

Other ways to stay healthy

Take special care if you have diabetes

If you have diabetes, you may have certain health risks — like a higher risk of miscarriage or stillbirth, or having a baby with birth defects. Try to get your blood sugar under control before you get pregnant.

Keep your blood pressure in check

High blood pressure may put you at higher risk for certain problems during pregnancy, which can affect your baby's growth. Talk to your doctor about ways to keep it under control.

Check your medicine cabinet

Bring a list of all prescribed and over-the-counter medicine with you when you go to the doctor. It's also good to update your vaccines before you become pregnant. Some are safe, but others may not be.

Talk to your doctor before traveling

Before you travel, talk about your pregnancy plans and Zika risk. Zika is a virus spread by infected mosquitoes. Learn more at **CDC.gov** by searching for "Zika and pregnancy."

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