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# Give your baby a healthy start



## Beginning Right<sup>®</sup> maternity program

[www.aetna.com](http://www.aetna.com)

We apologize if you have received this after experiencing a loss, and we offer our condolences. You can contact us for information on bereavement support. This flyer was generated using the most recent claims data available.

# Are you pregnant?

The Beginning Right maternity program focuses on prevention and education to help you have a healthy, full-term baby. It's a program designed to give your baby a healthy start by giving you the support to help you and your baby grow healthier together. You may receive a call from one of our staff, or an automated call to help you get enrolled in the program.

## When you enroll, you will get:

- Information (in English and Spanish) on prenatal care, labor and delivery, and more — including a pregnancy handbook
- A survey to check for risks that could affect your pregnancy
- Our nicotine-free program that can help you quit, if you smoke
- A case manager, if you have any risk factors, who will assist you during your pregnancy, provide you with support and help you find any information you need

## What to watch out for

Call your doctor if you have any symptoms or conditions below.

### Smoking

Pregnant women who smoke have a higher risk of miscarriage, preterm birth and having a baby with a low birth weight. Quitting is one of the most important changes you can make.

### Drugs and alcohol

Drinking alcohol during pregnancy can cause a baby to have lifelong problems. Pregnant women who use drugs increase the risk of having a baby with birth defects. The baby can be born addicted to drugs and show symptoms of withdrawal. Tell your doctor about any drugs you take, including prescribed medicine, over-the-counter medicine and herbal supplements.

### Serious vomiting

Many women get morning sickness during the first few months of pregnancy. This is normal and usually goes away. But serious vomiting is dangerous. It can make you dehydrated and keep you from gaining the weight you need for a healthy pregnancy.

### Diabetes

Women with diabetes, when their blood sugar is under control, have a lower risk of miscarriage, stillbirth and having a baby with birth defects. Gestational diabetes starts during pregnancy. Treatment includes diet and exercise. Without treatment, your baby can grow too large.

### Preterm labor

Preterm labor starts before the 37th week of pregnancy. Babies born too soon can have serious problems. Risk factors include:

- Having had preterm labor or delivery with an earlier pregnancy
- Being pregnant with twins, triplets or more
- Having uterus or cervix problems

### High blood pressure

Pregnant women with high blood pressure have a higher risk of certain problems, including problems with the baby's growth.

### Depression in pregnancy

Women who were depressed before they became pregnant have a higher risk of depression. Call your doctor if you feel sad or "blue" for two weeks or more. Relevant symptoms include:

- Problems concentrating
- Change in appetite
- Trouble sleeping or sleeping too much
- Tearfulness or crying spells
- Losing interest or pleasure in daily activities

### Call your doctor right away if you have any warning signs of preterm labor.

Warning signs of preterm labor include:

- Contractions (your abdomen tightens like a fist) every 10 minutes or more
- Change in vaginal discharge (leaking fluid or bleeding)
- Pressure in the pelvis that feels like the baby is pushing down
- Low, dull backache
- Cramps that feel like your period
- Cramps in the abdomen, with or without diarrhea

Don't forget to take our risk survey by your 16th week to get your gift.\* The survey looks for risk factors that could affect your pregnancy. If you have risks, a nurse can help you find ways to manage your risks. And that's the best gift of all.

### Babies get the best possible start in life when they've had at least 39 weeks to develop before they are born.

Please check out this informative video, "Waiting for Baby," at [www.waitingforbabyvideo.com](http://www.waitingforbabyvideo.com), for more details.

**Join Beginning Right today.**  
Call us at **1-800-272-3531.**  
Or log in at **[www.aetna.com](http://www.aetna.com)**.

\*While supplies last.

### Health insurance plans are offered, underwritten or administered by Aetna Life Insurance Company and its affiliates (Aetna).

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