



Welcome to Bright Start®

Bright Start is a special program for our pregnant members. We want to make sure you have all you need for a healthy pregnancy and baby.



We are here to answer your pregnancy questions. We can also help you find resources and services you may need.

To reach Bright Start, call 1-888-913-0327, Monday – Friday, 8 a.m. – 5 p.m.

Important numbers:

Member Services
1-888-756-0004

Problems with medicines
1-866-533-5492, 24 hours, seven days a week

24-hour Nurse Call Line
1-888-632-0009

Women, Infants, and Children (WIC)
1-800-251-2229, 24 hours, seven days a week

Poison Control
1-800-222-1222, 24 hours, seven days a week

Poison Control website
www.aapcc.org

Keys to Your Care®

You'll receive three weekly messages to you cell phone that will have tips about healthy pregnancy. This is free.

Text **MOMMY** to **85886** to join the Keys to Your Care program.

If you need help with transportation to your health care appointments or for a list of resources, please call Bright Start at **1-888-913-0327**, Monday – Friday 8 a.m. – 5 p.m.

If you need help reading this, please call **1-888-756-0004**.

To have a healthy pregnancy you should:¹

- Follow your OB provider's advice.
- Keep all of your health care provider appointments.
- Take a multivitamin with folic acid.
- Drink at least six to eight glasses of water, juice, or milk a day.
- Eat three meals a day and healthy snacks to help your baby grow properly.
- If you smoke — stop! Smoking increases your risk of having problems with your pregnancy. This includes delivering too early or having a baby that is too small.
- Don't drink alcohol or take illegal drugs.
- Get some exercise — take walks.
- Get plenty of rest.

When should I see my health care provider?²

- Once every four weeks until 32 weeks.
- Every two to three weeks until 36 weeks.
- Weekly from 37 weeks until delivery.
- You may need to see your provider more if you are having problems.

Call Bright Start if you have any questions.

Preterm labor (labor that starts too early)

Preterm labor means you have signs of labor before the 37th week of pregnancy. Preterm labor can cause your baby to be born too soon. This can lead to health problems with your baby. It is very important to call your OB provider or go to the hospital if you think you are having preterm labor.

Signs of preterm labor are:³

- Regular contractions, with or without pain, more than five to six times an hour. (Some women say this feels like the belly tightening or balling up of the baby.)
- Strong contractions.
- Constant cramping like you would have with a heavy period.
- Low, dull back pain that does not go away.
- Bleeding or spotting.
- Diarrhea.

If you are having preterm labor, it is very important you follow your OB provider's instructions. You may be put on bed rest and given medicine to stop contractions. Sometimes women are given steroid shots to help the baby's lungs.



Gestational diabetes mellitus (GDM)⁴

- GDM is a type of diabetes (high blood sugar) that happens during pregnancy.
- It often starts between the 24th and 28th week of pregnancy and goes away after delivery.
- GDM is serious and can be dangerous for you and your baby.
- With GDM, your body has a problem making insulin.
- It is important to be checked for diabetes during your pregnancy and to follow your health care provider's orders.

Type 1/Type 2 diabetes⁵

- Diabetes is an illness where your blood sugar is too high.
- If it is not taken care of the right way, you can have lifelong health problems.
- High blood sugar in the beginning of your pregnancy can raise your risk of problems for you and your baby.
- Keeping your blood sugar in control will lower your risk of problems.

Call Bright Start if you have any questions.

Pre-eclampsia (high blood pressure in pregnancy)⁶

Signs are:

- Severe or constant headache that does not go away with rest and/or medicine.
- Changes in vision such as sensitivity to light, blurred vision, double vision, or flashing lights.
- Nausea, throwing up, and/or pain in the upper stomach.
- Sudden weight gain and more swelling, especially in the hands, face and around the eyes.

Hyperemesis⁷

If you have nausea and throwing up so severe you lose a lot of weight, you may have hyperemesis.

Signs may be:

- You lose weight from vomiting often.
- You cannot keep food or liquids down for more than 24 hours.
- Your urine becomes very dark yellow or you do not have to urinate very often.
- You have stomach pain, a fever, or feel faint or weak.

If you think you have any of these issues, tell your OB provider. You may need medical treatment.

To learn more, call Bright Start.



Kick counts

Most people start to feel their baby move at about 18 weeks (4 to 5 months).⁸ The movements will become stronger and easier for you to notice as you get further in your pregnancy. When you are at 28 weeks (7 months), start counting your baby's movements daily. It is best to count your baby's movements about one hour after a meal or at the time of day your baby moves the most.

- Count the baby's movements once a day.
- Movements may be a kick, swish, or roll.
- Start to count any time the baby is active.
- Count your baby's movements while lying down on your left side.
- You should feel at least 10 movements in two hours.

Call your OB provider if:

- You do not feel 10 movements within two hours.
- It takes longer and longer for your baby to move 10 times.
- If you have not felt the baby move all day.

The last weeks of pregnancy count

It is best for you to wait to have your baby until at least the 39th to 40th week. If your health care provider lets you choose when to have your baby, wait until at least 39 weeks.

Babies need time

Babies born too early may have more health problems at birth and later in life than babies born at full term. Being pregnant 39 weeks gives your baby's body the time it needs to grow.⁸

- Organs like the brain, lungs, and liver get the time they need to develop.
- The baby is less likely to have vision and hearing problems after birth.
- The baby has time to gain more weight, which helps him or her stay warm after birth.
- The baby can suck and swallow and stay awake long enough to eat after he or she is born.
- Babies born early are more likely to have breathing problems, like apnea. Apnea is when a baby stops breathing.
- Babies born early are more likely to die of sudden infant death syndrome (SIDS). SIDS is when a baby dies suddenly, often during sleep.

Postpartum

The time after you have your baby is called postpartum. Try to take it easy the first few days after your baby's birth. If you have family and friends that can help you, let them. You should be given discharge instructions and follow-up appointments for you and your baby before leaving the hospital.



Important things to do before you leave the hospital

- Make a follow-up appointment with your baby's health care provider.
- Make an appointment with your OB provider for your postpartum visit.
- Make an appointment with WIC.

Postpartum depression

About half of new moms have a little sadness (baby blues) for a few days after giving birth. Baby blues are caused by a rapid drop in hormone levels. You may find yourself crying for no reason, feeling anxious, irritable and moody, or not having any energy. These symptoms often go away within two weeks.

Postpartum depression is more serious. It may require treatment with therapy or medicine.

You may have postpartum depression if you:⁹

- Can't sleep for several days.
- Want to sleep all the time.
- Have a fear you might harm yourself or the baby.
- Feel like you can't care for your baby.
- Have feelings of guilt.
- Have a loss of energy.
- Have difficulty concentrating.

If you have these symptoms, tell your OB provider.

Sources:

1. Womenshealth.gov. "Staying Healthy and Safe." Accessed March 1, 2018. www.womenshealth.gov/pregnancy/youre-pregnant-now-what/staying-healthy-and-safe.
2. Womenshealth.gov. "Prenatal Care." Accessed March 1, 2018. www.womenshealth.gov/a-z-topics/prenatal-care.
3. Centers for Disease Control and Prevention. "Preterm Birth." Accessed March 1, 2018. www.cdc.gov/reproductivehealth/maternalinfanthealth/pretermbirth.htm.
4. Centers for Disease Control and Prevention. "Gestational Diabetes and Pregnancy." Accessed March 1, 2018. www.cdc.gov/pregnancy/diabetes-gestational.html.
5. National Institute of Diabetes and Digestive and Kidney Diseases. "Pregnancy if You Have Diabetes." Accessed March 1, 2018. www.niddk.nih.gov/health-information/diabetes/diabetes-pregnancy.



6. National Institutes of Health. "What Are the Symptoms of Preclampsia, Eclampsia, & HELLP Syndrome?" Accessed March 5, 2018. www.nichd.nih.gov/health/topics/preeclampsia/conditioninfo/symptoms.
7. MedlinePlus. "Hyperemesis Gravidarum." Accessed March 5, 2018. <https://medlineplus.gov/ency/article/001499.htm>.
8. Womenshealth.gov. "Stages of Pregnancy." Accessed March 5, 2018. www.womenshealth.gov/pregnancy/youre-pregnant-now-what/stages-pregnancy.
9. Womenshealth.gov. "Depression During and After Pregnancy." Accessed March 5, 2018. www.womenshealth.gov/a-z-topics/depression-during-and-after-pregnancy.



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www.amerihealthcaritasla.com

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You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, seven days a week, at **1-888-756-0004 (TTY 1-866-428-7588)**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede recibir la interpretación por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004 (TTY 1-866-428-7588)** las 24 horas del día, los siete días de la semana.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể yêu cầu thông dịch thông tin này ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi ban Dịch vụ Hội viên phục vụ 24 giờ/ngày, 7 ngày/tuần, theo số **1-888-756-0004 (TTY 1-866-428-7588)**.