

Support for you and your baby

Six steps to a healthy pregnancy

While every pregnancy is different, there are things you can do to keep you and your baby healthy during this special time.

- See your doctor regularly. Your doctor will perform tests throughout your pregnancy to make sure your baby is well and growing.
- Get 30 minutes of aerobic exercise on most days.
- Eat foods from each of the five food groups every day. The five food groups include grains, vegetables, fruits, dairy and protein. Most women need around 300 extra calories per day during pregnancy.
- Limit the amount of caffeine you drink.
- Avoid undercooked poultry, meat or seafood, unpasteurized milk or juice, and soft cheeses like feta and Brie. Your doctor can help you with a healthy eating plan and advise you on other foods to limit or avoid.
- Stay away from alcohol, cigarettes and drugs.

Source: March of Dimes



A resource for your pregnancy

Are you or your spouse pregnant? If so, you are eligible for the ARBenefitsPlus maternity program and can take advantage of one-on-one support from a Registered Nurse who will help you achieve a healthy pregnancy.

The ARBenefitsPlus maternity program is available to you at no cost as part of your health benefits. If you participate in the maternity program, a check for \$250 will be mailed to you upon verification that you have completed the program.

Through the maternity program, you (or your spouse) will speak to a nurse over the phone on a regular basis. Your nurse will provide educational information and discuss ways to minimize the risks to you and your baby. Your nurse, who is experienced in all aspects of prenatal care, will also help you manage your diet and exercise and discuss other ways to stay healthy throughout your pregnancy.

Even if you aren't a first-time mom, your nurse can help you through the changes that come with each unique pregnancy.

Enroll today by calling:

1-866-458-0408 opt. 3

