

# It's never too early to start...

Take folic acid **before you are pregnant**  
to prevent birth defects.\*



- Eat foods that are high in folic acid:
  - Spinach and greens
  - Broccoli
  - Asparagus
  - Citrus fruits and juices
  - Breads and pastas
  - Lentils and black beans
- Take a daily multivitamin with at least 400 mcg of folic acid.

\*Folic acid, a B vitamin, has been shown to reduce brain and spinal cord defects.

**Talk to your health care provider about folic acid.**

To find a health care provider call your health plan - the phone number is on your member card. **If you do not have a health plan, call 1-877-912-1999.**