ILLINOIS DEPARTMENT OF Healthcare and Family Services

EverThrive Illinois
Champions for Healthy Communities
Formerly Illinois Maternal & Child Health Coalition

NAME Mom-to-be DATE _____

Are you planning to have a healthy baby?

Get healthy first!

- ☑ Take a daily multi-vitamin that includes 400 mcg of folic acid, to prevent some birth defects.
- ☑ Do not use tobacco, drink alcohol or take street drugs.
- ☑ Only take medicine that your doctor says is okay.
- ☑ Get regular medical care for health problems like diabetes, high blood pressure, or depression.
- ☑ Take care of your teeth - brush and floss daily.
- ☑ Get your shots for rubella, tetanus, hepatitis, pertussis, and flu.
- ☑ Get tested for HIV and other sexually transmitted diseases.
- ☑ Use birth control until you are ready to get pregnant.

Talk to your health care provider for more information.

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.**

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