

NAME Expecting Mom DATE \_\_\_\_\_

# Rx Stay healthy while you are pregnant...

- Visit your doctor or clinic as soon as you think you might be pregnant.
- Keep all your prenatal appointments.
- Take prenatal vitamins with folic acid.
- Eat healthy food. Enroll in WIC.
- Do not use tobacco, drink alcohol or use street drugs.
- Exercise regularly if your doctor says it is okay.
- Take care of your teeth - brush and floss daily.

**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.**