

Maintaining Good Prenatal Care Key to Healthy Pregnancy

Are you or is someone you know expecting or planning to get pregnant? If so, it's important to remember that having a healthy pregnancy is one of the best ways to have a healthy baby. Getting early and regular prenatal care improves the chances of a healthy pregnancy.

It is essential to maintain regular medical care during pregnancy (including regular check-ups and prenatal testing).

Most women visit their health care providers once a month for the first 28 weeks and then every two to three weeks until week 37. After that, you will most likely have weekly appointments until the baby is born. Although, the schedule may vary depending on the preferences of your individual health care provider and medical needs.

Prenatal visits with your health care provider may include:

- Review of medical history
- Completion of various blood tests, urine analysis and lab work
- Taking your blood pressure and listening to the baby's heartbeat
- Suggestions for a nutritional plan, including prenatal vitamins
- Developing an exercise strategy

Good prenatal care can help keep you and your baby healthy and alert your health care provider of any potential health concerns. Early detection and treatment can remedy many problems and prevent others. Contact your health plan to see if they have any special programs for expectant mothers.