Maternal Health: Prenatal Care

SAN FRANCISCO HEALTH PLAN™
Here for you

Learn What Care You Can Get While You Are Pregnant

Prenatal care is the health care you get while you are pregnant. Getting prenatal care can help you have a healthier baby. It also lowers the risk of your baby being born too early, which can lead to health problems for your baby.

During prenatal care, your provider and doula (birth worker) can find any health problems that come up. A doula is a health worker who can give you care and support while you are pregnant. **You can get a doula at no cost with Medi-Cal.** To learn more about getting a doula, visit **SFHP Doula Services.**

You can get a $25 gift card after your first prenatal visit! You must be in your first trimester (the first 12 weeks of being pregnant) or within the first 40 days of joining the San Francisco Health Plan (SFHP). Visit **SFHP Health & Wellness** to learn more.

Get Routine Check-Ups While Pregnant

You can get routine prenatal care without a referral. **Visit a provider** as soon as you think that you are pregnant. Your provider may want to see you every 4 weeks for the first 6 months of your pregnancy. During the last 3 months they may want to see you more often. Don't miss any of these appointments—they are all important.

Make sure to get all the medical tests that your provider and doula recommends. Early treatment can cure many problems and prevent others.

What to Expect at Your Prenatal Visit

Your first visit will be longer than the others. During this visit, your provider will:

- Check your **height, weight,** and **blood pressure**
- Order **blood tests**
- Check your **urine**
- Tell you **how far along** you are in your pregnancy
- Ask about you and your family's **health history**
- Give you a **physical exam**
- Tell you about vitamins with **folic acid** (a type of vitamin B)
- Make your **next appointment**

At All Prenatal Visits

- Your blood pressure, weight, urine, and **overall health** are checked
- Your **baby's heart rate and growth** are checked
- You should **ask any questions** you have

For more information call Customer Service at **1(415) 547-7800** or visit **sfhp.org/health-ed**
24/7 Nurse Advice Line **1(877) 977-3397** | Talk to a doctor 24/7 **sfhp.org/teladoc**

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Get Routine Check-Ups While Pregnant (continued)

What to Talk About with Your Provider or Doula

- Your own and family **health history,** such as any chronic (long-term) health problems or surgeries you have had

- When you need to get health care for **issues** such as high blood pressure, feeling dizzy, swelling, pain, bleeding, or contractions

- When and where to go for **urgent care** during your pregnancy

- Any **medicine** that you take, as well as vitamins, supplements, and herbs

- Healthy **weight gain** during pregnancy

- Any **questions** about pregnancy, childbirth, and breastfeeding

- How to get help buying **food** if you need it. Ask about programs like the **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).**

- Anything that **bothers or worries** you

Sensitive Care for Minors

If you are under 18 years old, you can get prenatal care without permission from your parent or guardian. Minors can talk to someone in private about their health by calling the 24/7 Nurse Advice Line at **1(877) 977-3397.** Or you can call a provider through Teladoc® over phone or video at **1(800) 835-2362** or by visiting **sfhp.org/teladoc.** You can also get care for sexual assault or rape. Please check **SFHP** for more info on sensitive care.

Transportation

If you need help with transportation to your prenatal visits, you can get a ride at no cost. Call SFHP Customer Service at **1(415) 547-7800** for more information.

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Routine Tests During Pregnancy

Your provider or doula will recommend tests that all people need as part of routine prenatal care. You will need to get some tests more than once or depending on your needs. These tests give your provider or doula important information about you and your baby. Some of these tests will check your blood or urine for:

- **Sexually transmitted infections (STIs)**
- **Hepatitis B**
- **Urinary tract infection (UTI)**
- **Syphilis**

- **HIV**
- **Rubella (German Measles)**
- **Group B Strep**

An **ultrasound** will be done around 3 months, and again at 5 months.

For more updated information, please visit **CDC** or talk with your provider.
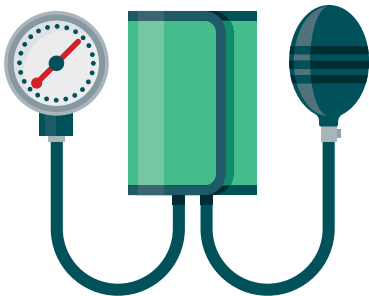
Check Your Blood Pressure

Your provider will also check your blood pressure at each visit. They may recommend you check your blood pressure at home. You can get a home blood pressure meter at no cost with Medi-Cal. High blood pressure during pregnancy is called preeclampsia. Learn more about preventing **preeclampsia** and **high blood pressure.**

Get Tested for Gestational Diabetes

Gestational diabetes is a type of diabetes that some people get during pregnancy. All pregnant people need to get tested for gestational diabetes between 24 to 28 weeks.

Pregnant people at high risk for type 2 diabetes may need to get tested earlier. Learn more about **diabetes** and **find out your risk with this 60-second risk test.**

Visit **CDC** for more info on gestational diabetes.

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Routine Tests During Pregnancy (continued)

Talk with Your Provider About Depression

Many people feel changes in their mental health while they are pregnant. Feeling depressed during this time is common and can be treated. Depression is more than just feeling down or having a bad day. When a sad mood lasts for a long time and affects your normal actions each day, you may be depressed. Treatment can help shorten how long depression lasts. You can get mental health care at no cost through our partner Carelon Behavioral Health. You do not need a referral. Call Carelon Behavioral Health at **1(855) 371-8117** to learn more or make an appointment.

Learn more about depression and how to manage it at **SFHP Health & Wellness** or **CDC.**

At Home

At home, take steps to keep you and your baby healthy. It is important you:

- Get all your needed **vaccinations (shots)**
- Eat healthy
- Take at least 400 micrograms (mcg) of folic acid each day
- Stay physically active
- Stop smoking and avoid smoking areas
- Stop drinking
- Do not take any drugs such as heroin, cocaine, and cannabis

If you are planning to get pregnant, use this **pregnancy planner** to take steps for a healthy pregnancy.

Sources:

"Have a Healthy Pregnancy"
MyHealthfinder
health.gov

"Planning for Pregnancy"
Preconception Care
cdc.gov

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