

PLANNING A HEALTHY PREGNANCY

ARIZONA LONG TERM CARE

CUSTOMER CARE CENTER: (833) 318-4146 • TTY 711

ADDRESS: 2701 E. ELVIRA ROAD, TUCSON, AZ 85756

WEBSITE: WWW.BANNERUFC.COM/ALTCS



Banner
University Family Care

Covered Services are funded under contract with AHCCCS.

Dear Member,

From all of us at Banner – University Family Care/ALTCS (BUFC/ALTCS), congratulations on your pregnancy! This is an exciting time for you and your family. We want you and your baby to be as healthy as possible. Your baby is more likely to be healthy if you take care of yourself during your pregnancy.

We have provided this prenatal information packet to assist you in having a healthy pregnancy, including getting early and regular prenatal care for you and your baby.

A typical schedule includes visiting your doctor:

- Every month during your first 6 months of pregnancy
- Every 2 weeks during the 7th and 8th months of pregnancy
- Every week during the 9th month of pregnancy

If your provider wants to see you more often, please follow his/her recommendation:

Please call our Customer Care Center at **(833) 318-4146**, TTY users please call 711 for help. We are available Monday through Friday from 7:30 a.m. to 5:00 p.m. We can help you find a doctor, make an appointment, and arrange a ride to your medical appointments. We can also refer you to a member of our Maternal Child Health Department staff if you have questions.

Community resources for expecting mothers and new moms may be available in your area. These services include:

- Childbirth Education Classes
- Parenting Resources
- Home Health Visitors
- Application Assistance to Other Programs

To find community resources in your area, please contact us at (833) 318-4146. TTY users call 711.

Best Wishes!

Maternal Child Health Department
Banner – University Family Care/ALTCS

PLEASE READ:

Talk to your healthcare provider! This packet is not a substitute for the advice of a qualified expert. Please call our Customer Care Center at (833) 318-4146/ TTY 711 for assistance in choosing a provider.

CONTENTS

How Can I Have A Healthy Pregnancy?

Stages of Pregnancy

Trimesters

Prenatal Tests

Your Developing Baby

Nutrition

Exercise

Dangers

Preparing for Baby

Special Concerns

Childbirth

The First Few Days

References

A healthy pregnancy starts with you.

How Can I Have A Healthy Pregnancy?

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VISIT YOUR DOCTOR

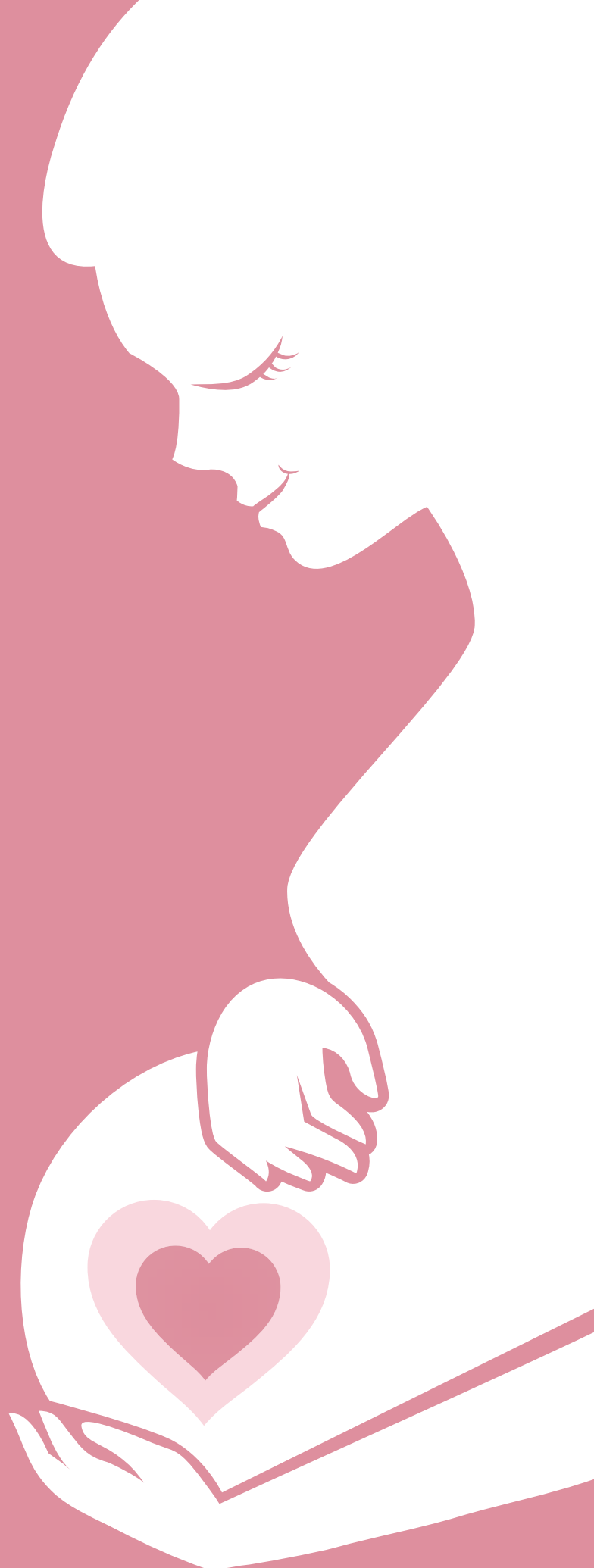
- See your doctor as early as possible if you think you are pregnant
 - If you need help choosing a doctor or scheduling your appointment, please call our Customer Care Center at (833) 318-4146/ TTY 711
 - We can also help set up rides to your appointments if you do not have transportation available
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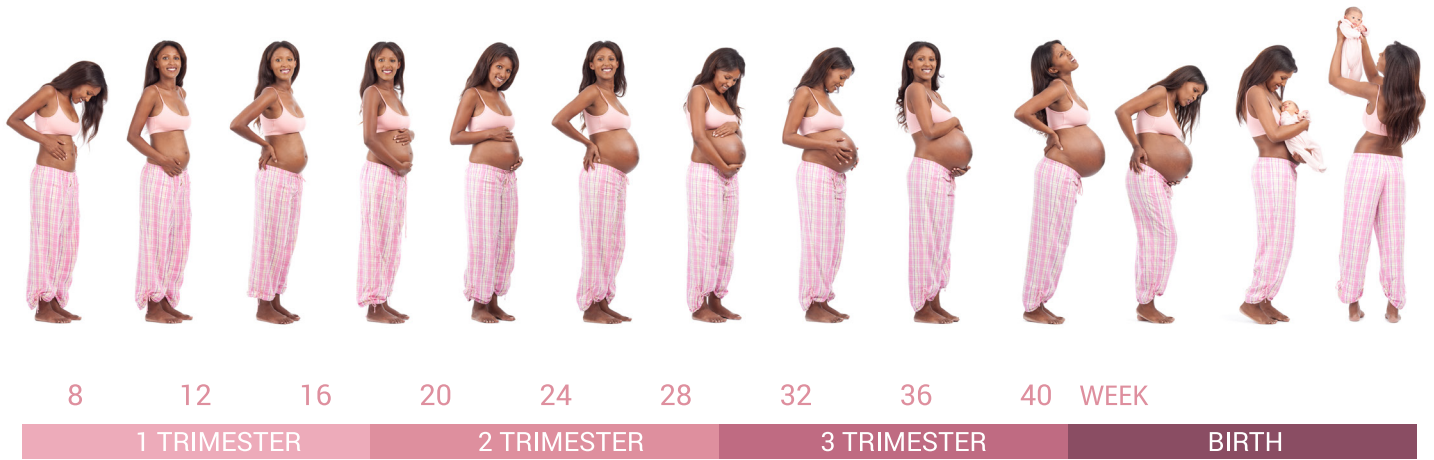
HOW OFTEN WILL I GO TO THE DOCTOR?

- Every 4 weeks until the 28th week of pregnancy
 - Then, every 2 weeks until 36 weeks
 - Then, once a week until delivery
-

TAKE CARE OF YOURSELF

- Don't smoke, drink alcohol or take any drugs unless prescribed by your doctor
 - Get enough rest
 - Eat a healthy diet
 - Go to all of your medical appointments
 - Take a prenatal vitamin every day
 - Ask your doctor about which medicines are safe to take while pregnant
-





Stages of Pregnancy

Pregnancy usually lasts 40 weeks or about nine months. Every three months are grouped into a trimester. There are three trimesters: **First Trimester** (weeks 1-13), **Second Trimester** (weeks 14-27), and **Third Trimester** (weeks 28-40).



FIRST TRIMESTER (WEEKS 1-13)

During the first trimester you may feel:

- Tired
- Breast soreness
- Upset stomach, with or without throwing up (morning sickness)
- Mood swings
- Headaches
- Food cravings or not

How can I feel better?

- Try going to bed earlier and taking a nap when you can
- Wear a supportive bra
- Eat small, frequent meals
- Try bland foods, like rice, cereal, or fruit
- Take your prenatal vitamin at bedtime
- Suck on hard candy

Early and regular appointments with your doctor help to make sure you and your baby are healthy. During your first appointment, you'll be asked questions about your health and habits that may have an effect on your pregnancy. It's important to try to remember the date of your last menstrual period so your doctor can estimate your delivery date.

You can expect to have your urine tested, and your weight and blood pressure checked at every pregnancy visit until you deliver. The size of your growing belly may be measured to determine if your baby is growing normally. Your doctor may order several tests to help make sure you and your baby are as healthy as possible. These tests may include an ultrasound, screenings and blood tests. They may check for your blood type and Rh factor, anemia, signs that you are immune to rubella (German measles) and chicken pox, infections like toxoplasmosis and sexually transmitted infections including hepatitis B, syphilis and HIV. They may also check for risk of Down Syndrome, trisomy 18 or other possible health concerns.

Your baby is growing fast! At the end of the third month, your baby will be about three inches long and weigh about one ounce. Your baby's organs are forming. Your baby's heart beats regularly. The muscles are working and your baby can move around.

Ultrasound scanning is used to:

- See if you are having more than one baby
- Check for problems
- Measure your baby's size





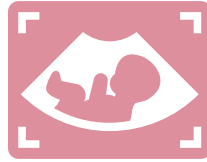
SECOND TRIMESTER (WEEKS 14-27)

As your body changes to make room for your growing baby, it's common to have:

- Body aches, such as back, abdomen, groin, or thigh pain
- Stretch marks on your abdomen, breasts, or thighs
- Darkening of the skin around your nipples
- A line on the skin of your belly
- Itching on the abdomen, palms, and soles of the feet
- Swelling of the fingers, hands, feet or ankles.

If you notice swelling of the face, any sudden or extreme swelling or if you gain a lot of weight quickly, call your doctor right away.

Continue to visit your doctor, even if you are feeling good. Your doctor may order an ultrasound to measure your baby's growth. You will be tested for diabetes at the end of the second trimester. The test is done by drinking a very sweet drink, then having your blood tested one hour later.



Your doctor can help if you have diabetes during pregnancy. You can also speak to a nutrition expert at your local WIC (Women, Infants, and Children) Office (800) 2525-WIC.

How Can I Feel Better?

- Try not to stand or sit for too long
- Wear low-heeled shoes
- Don't lift heavy objects
- Use lotion as needed for your itchy skin
- Wear loose, comfortable clothing
- Keep your legs raised when sitting or lying down
- Try to keep your legs uncrossed
- Drink plenty of water

The second trimester is a good time to sign up for a childbirth education class, ask your doctor about choosing a pediatrician for your baby, and learn about how to take care of your new baby after you deliver.

During the second trimester, your baby can hear, suck his/her thumb, and kicks and movements can be felt. Your baby's eyelashes and fingernails are growing. By the end of the second trimester, your baby will weigh about 1 ½ pounds and be about 12 inches long already!





THIRD TRIMESTER (WEEKS 28-40)

Some new body changes you might notice in the third trimester include:

- Heartburn
- Hemorrhoids
- Tender breasts, which may leak a watery pre-milk called colostrum
- Your belly button may stick out
- Trouble sleeping
- The baby “dropping”, or moving lower in your abdomen
- Contractions, which can be a sign of real or false labor

You will visit your doctor more often this trimester. At about 35 weeks, your doctor will test you for group B streptococcus (GBS). GBS is a bacteria naturally found in the vagina of many women without causing any symptoms. GBS can cause serious infections in newborns if not treated. Ask your doctor about your GBS test results.

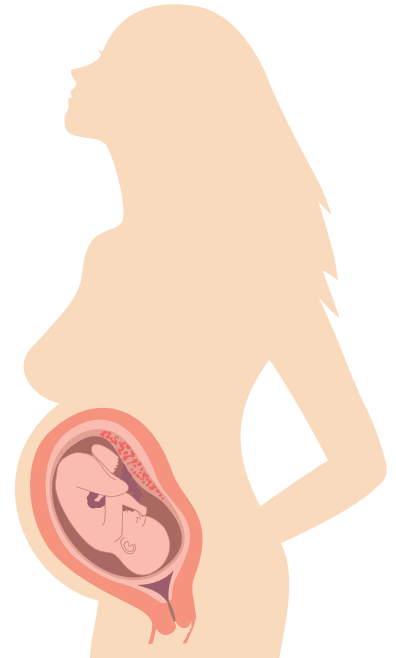


If you haven't received them yet, the third trimester is the best time to receive important vaccines to help protect your new baby's immune system. It's recommended that pregnant mothers should receive an influenza (flu) vaccine and Tdap (Tetanus, Diphtheria and Pertussis) vaccine with every pregnancy. Both vaccines help to lower the risks of your baby catching an illness that can cause breathing problems.

How Can I Feel Better?

- Raise your arms over your head if you are short of breath
- Lay on your side instead of your back
- Rest when you feel tired
- Keep your legs raised when you are sitting or lying down
- Eat several small meals and snacks daily, instead of three big meals
- Try not to eat greasy and spicy foods
- Eat plenty of fresh fruits and vegetables
- Drink more water
- Wear a supportive bra
- Take short walks or swim

In the third trimester, your baby is preparing for birth by turning head-down. Your baby's organs are ready to work on their own after delivery. Your baby weighs between 6 and 9 pounds at the end of the third Trimester.



When to call your doctor:

- ✓ Heartburn
- ✓ Swelling
- ✓ Headache
- ✓ Mild contractions (3 or more per hour)
- ✓ Low-back pain
- ✓ Baby is moving less than normal for several hours



When to go to the hospital:

- ✓ Vaginal Bleeding
- ✓ Leaking of fluid from the vagina
- ✓ You haven't felt your baby move for several hours
- ✓ You have painful, regular contractions

Kick Counts

Counting baby kicks is important.

The American Congress of Obstetricians and Gynecologists recommends you begin counting kicks in your 28th week, or at 26 weeks if you are high risk or pregnant with more than one baby.

- Count the Kicks every day at the same time.
- Pick a time when your baby is most active.
- To get started, sit with your feet up or lie on your side. Count each of your baby's movements.
- you want to feel at least 10 movements within 2 hours
- Your kick counting history can be useful for visits with your provider.

Call your provider if you notice a change in your baby's movement or if it begins to take longer to get ten movements. If you do not feel ten movements during a two-hour counting period, call your provider right away. If you are worried about your baby's movements for any reason, call your provider.

<https://www.countthekicks.org>



**IF YOU NEED HELP TO STOP SMOKING,
TALK TO YOUR DOCTOR OR CONTACT:**

**The Arizona Smoker's Hotline
at (800) 55-66-222**

Nutrition

Most women gain about 25 to 35 pounds during pregnancy.

Talk to your doctor about the right amount of weight gain for you. Try to make each bite healthy, by choosing a variety of foods from each food group:

Protein: 6 ounces (3/4 cup)

One ounce is:

- ✓ 1 egg
- ✓ 1/4 cup of cooked beans or peas
- ✓ 1 ounce of lean meat, poultry, or seafood (except fish that are high in mercury, including shark, swordfish, king mackerel, or tilefish), one can of tuna fish per week is recommended
- ✓ 1 Tablespoon of peanut butter
- ✓ 1/4 cup lightly salted nuts

Dairy: 3 cups

Choose from pasteurized milk, yogurt, or cheese.

Water: It's best to drink about ten 8-ounce glasses of water daily during pregnancy.

Fruits: 2 cups

Choose from fresh, dried or juiced fruits. Eat a variety of fruits daily.

Vegetables: 3 cups

Choose from raw, cooked, frozen, or canned. Eat a variety of colors (orange, dark-green, red) daily.

Grains: 8 ounces (1 cup)

One ounce is:

- ✓ 1 slice of bread
- ✓ 6-inch tortilla
- ✓ 1 cup of cereal
- ✓ 1/2 cup of cooked pasta or rice.

Want to Know More?

Your local WIC office can help you and your family with choosing healthy foods, provide breastfeeding help, and have a nutrition expert available to answer your questions.

Call WIC at (800) 2525-WIC to get started!



Some foods that are not safe to eat while pregnant are:

- ✓ soft, unpasteurized cheeses (often advertised as “fresh”) such as feta, goat, Brie, Camembert, and blue cheese
- ✓ unpasteurized milk, juices, and apple cider
- ✓ raw eggs or foods containing raw eggs, including mousse and tiramisu
- ✓ raw or undercooked meats, fish, or shellfish
- ✓ processed meats such as hot dogs and deli meats (unless they are reheated until steaming hot)
- ✓ fish that are high in mercury, including shark, swordfish, king mackerel, or tilefish.
- ✓ Drinking too much caffeine (coffee, tea, soda) while pregnant can lead to problems with your pregnancy
- ✓ Limit caffeine or switch to decaffeinated drinks.

If you've eaten these foods at some point during your pregnancy, try not to worry too much about it now; just avoid them for the remainder of the pregnancy. If you're still concerned, talk to your doctor.

www.choosemyplate.gov

Exercise

Exercising during pregnancy has been shown to be extremely beneficial.

Regular exercise can help:

- ✓ prevent excess weight gain
- ✓ reduce pregnancy-related problems, like back pain, swelling, and constipation
- ✓ improve sleep
- ✓ increase energy
- ✓ improve mood
- ✓ prepare for labor
- ✓ lessen recovery time

Low-impact, moderate-intensity exercise activities (such as walking and swimming. *You should only swim in clean, chlorinated water and don't swim after your water breaks*) are great choices. **Always talk to your doctor before beginning any exercise program.**



SPECIAL CONCERNS

Do you feel safe at home?

Have you or your children felt threatened?

Is someone in the home causing verbal, emotional, sexual, or physical abuse?

Confidential help is available!

Call from a safe place

**The National Domestic Violence HOTLINE:
(800) 799-SAFE.**

**IF YOU NEED HELP TO STOP DRINKING ALCOHOL OR
TAKING DRUGS, TALK TO YOUR DOCTOR OR CONTACT:**

**National Council on Alcoholism and Drug Dependence
(800) 622-2255 (800) 622-2255**

Alcoholics Anonymous www.aa.org

Narcotics Anonymous www.na.org

**FOR BEHAVIORAL HEALTH SERVICES IN THE
FOLLOWING COUNTIES CONTACT:**

**Yavapai and
Gila County**

**North (previously NARBHA)
Health Choice Integrated Care
Customer Service (800) 640-2123
For Hearing Impaired, use Arizona
Relay Service at 711 or call:
(800) 367-8939
Crisis Response Network
(877) 756-4090**

Maricopa County

**Mercy Maricopa Integrated Care (MMIC)
Member Services (602) 586-1841
(800) 564-5465 (toll free)
Hearing Impaired TTY: 711
The Maricopa Crisis Line:
(602) 222-9444
(800) 631-1314 (toll free)
Hearing Impaired TTY:
(800) 327-9254**

**Pima, Cochise, Gila,
Graham, Greenlee,
Pinal, Yuma,
La Paz or
Santa Cruz County**

**South
(previously Cenpatico/CPSA)
Cenpatico Integrated Care
Customer Services:
(866) 495-6738
TTY: (877) 613-2076
Cenpatico Crisis:
(866) 495-6735**

Dangers



Here are a few things to avoid while pregnant

ALCOHOL

No amount of alcohol is considered safe to drink during pregnancy. Alcohol is one of the most common known causes of mental and physical birth defects and can cause severe abnormalities in a developing baby. It's best not to drink any alcohol while pregnant.

SMOKING

The risks of smoking include:

- » miscarriage and stillbirth
- » prematurity
- » low birth weight
- » Sudden Infant Death Syndrome (SIDS)
- » asthma and other respiratory problems

If you smoke, having a baby might be the motivation you need to quit. Talk to your health care provider about options for stopping your smoking habit.

RECREATIONAL DRUGS

Pregnant women who use opioids or other non-prescribed drugs may be placing their unborn babies at risk for premature birth, poor growth, birth defects, and behavior and learning problems. Their babies could also be born addicted to those drugs themselves. If you've used any drugs at any time during your pregnancy, it's important to inform your health care provider.

CHANGING THE LITTER BOX

Pregnant women should find someone else to change a cat's litter box. Why? A germ called toxoplasmosis can be spread through dirty cat litter boxes and can cause problems with your baby's health, including prematurity, poor growth, and severe eye and brain damage. A pregnant woman who becomes infected often has no symptoms but can still pass the infection on to her developing baby.

LEAD

Lead Poisoning is caused by breathing or swallowing lead. Lead can pass from a mother to her unborn baby.

Exposure to high levels of lead can cause:

- miscarriage
- premature delivery
- low birth weight
- developmental delays



If your home was built before 1978, it could have lead-based paint. Try not to touch paint that is chipping, peeling, or being removed. Some homes may have lead in the water pipes. To help reduce potential lead levels in your tap water, you can run the water for 30 seconds before using it and/or buy a water filter that specifically says on the packaging that it removes lead.

OVERHEATING

(Hot Tubs, Saunas, Electric Blankets, etc.)

You should limit activities that could cause you to over heat or raise your core body temperature.

They include:

- using saunas over 101 F or hot tubs over 95 F
- taking very hot, long baths and showers
- using electric blankets or heating pads
- getting a high fever
- becoming overheated when outside in hot weather or when exercising

If your body temperature gets too high for more than a few minutes, it can cause problems with the baby.

Preparing for Your Baby

As your due date gets closer, it's a good idea to sign up for childbirth education classes, available at most hospitals. Take this time to prepare yourself as much as possible about childbirth and becoming a new parent.



This is also a good time to choose your baby's pediatrician. Ask your doctor for a recommendation, or you can call BUFC/ALTCS's Customer Care line at **(833) 318-4146/TTY 711** to get help choosing a pediatrician, setting up an appointment, and arranging a ride.



Decide how you would like to feed your baby. Breastfeeding and bottle feeding have different benefits to help you and your family bond.

If you have questions about breastfeeding, call the Arizona Department of Health Services 24-Hour Breastfeeding Hotline at (800) 833-4642, or go to www.AzWIC.gov for more information. Your local hospital may also have a lactation consultant who can help.



BREASTFEEDING IS BEST

- Breast milk is the best food for your baby during the first year of life. It helps your baby grow healthy and strong
- Breastfeeding helps protect your baby from many illnesses. Breastfed babies have fewer health problems than babies who aren't breastfed
- Your breast milk changes as your baby grows, so he gets exactly what he needs at the right time
- It's best to feed your baby only breast milk for at least 6 months
- Your local WIC (Women, Infants, and Children) office has Lactation Consultants that are available to help with breastfeeding questions and problems. They offer a 24/7 breastfeeding support hotline as well as free breastfeeding classes to help support your breastfeeding goals **(800) 2525-WIC**

Depression & Anxiety

What should I do if I have symptoms of depression during pregnancy?

Depression during or after pregnancy can become serious if not treated. If you think you may have depression, talk to your doctor as soon as possible, even if it's before your next appointment.

You may have depression if you have any of these signs that last for more than 2 weeks:

Changes in your feelings

- Feeling sad, hopeless or overwhelmed
- Feeling worthless or guilty
- Not wanting to be with friends and family

Changes in your everyday life

- Feeling restless or moody
- Eating more or less than you usually do
- Losing interest in things you usually like to do

Changes in your body

- Crying a lot
- Having trouble remembering things, concentrating or making decisions
- Not being able to sleep or sleeping too much
- Having no energy and feeling tired all the time
- Having headaches, stomach problems or other aches and pains that don't go away

If you're pregnant and you have any of these signs, or if the signs get worse, call your health care provider or Postpartum Support International Arizona Warmline: Crisis line: (800) 944-4773, or (888) 434-MOMS (6667). There are things you and your provider can do to help you feel better. If you are worried about hurting yourself or your baby, call 911.



Pregnant women can develop perinatal mood and anxiety disorders. If you have a history of depression or anxiety you may see changes in your mood or anxiety during pregnancy.

These symptoms can include:

- Constant worry
- Feeling that something bad is going to happen
- Racing thoughts that keep you up at night
- Getting upset easy or angry
- Feeling anxious or panicky
- Having upsetting thoughts that you can't get out of your mind

FOR BEHAVIORAL HEALTH CRISIS ASSISTANCE IN THE FOLLOWING COUNTIES CONTACT:

Gila or Yavapai County

Crisis Response Network (877) 756-4090

Cochise, Graham,
Greenlee, La Paz, Pima,
Pinal, Santa Cruz, or
Yuma County

Nursewise (866) 495-6735

Maricopa County

Crisis Services (800) 631-1314

Childbirth



Spot the Signs of Preterm Labor

Preterm Labor is when the process of labor starts before 37 weeks.

Here are some signs that you may have preterm labor:

- Contractions (your belly tightens or feels hard) every 10 minutes or more often
- Leaking fluid or bleeding from your vagina
- Pelvic pressure—the feeling that your baby is pushing down
- Low, dull backache
- Cramps that feel like your period
- Belly cramps with or without diarrhea

What should you do if you think you're having preterm labor?

Call your health care provider or go to the hospital right away if you think you're having preterm labor, or if you have any of the warning signs. Call even if you have only one sign.

Your health care provider may tell you to:

- Come into the office or go to the hospital for a checkup
- Stop what you're doing. Rest on your left side for 1 hour
- Drink 2 to 3 glasses of water or juice (not coffee or soda)

If the signs get worse or don't go away after 1 hour, call your provider again or go to the hospital. If they get better, relax for the rest of the day.

Is it Real Labor or False Labor?

False Labor

- Painless, irregular contractions are common as your due date gets closer. These are called Braxton-Hicks contractions
- These "false" contractions can sometimes become uncomfortable or even mildly painful
- Make sure to drink plenty of water and rest with your feet up or on your side. The contractions usually go away on their own
- Try going for a walk for one hour. If the contractions feel better or stop, it's not time yet

Signs of Labor

- You have contractions that become stronger and closer together, especially after walking for one hour
- You have lower back pain and cramping that does not go away
- You have clear fluid leaking from your vagina (can be a large gush or a continuous trickle)
- You have a bloody (brownish or red-tinged) mucus discharge

If you are not sure if your contractions are real labor, call your doctor or go to the hospital.



Don't rush your baby's delivery

It is best to let labor start on its own and allow your baby to grow and develop the full 40 weeks of pregnancy. While being done with pregnancy may seem tempting, especially during those last few weeks, inducing labor is associated with increased risks, including prematurity, a cesarean section, hemorrhage and infection.

Induction of labor or a cesarean section should only be scheduled before 39 weeks for medical reasons—not for convenience or scheduling concerns. If your doctor is worried about the health of your baby, an induction or cesarean section may still be the best option. For more information, speak with your healthcare provider, visit www.GoTheFull40.com, or contact the Health Plan's Maternal Child Health Department to speak with an OB Case Manager.

The First Few Days

After the birth of your baby, your body will recover from delivery. Plan to take it easy, sleep when the baby sleeps, and ask for help when you need it. Some normal changes after delivery are:

- Vaginal discharge called lochia (LOH-kee-uh). It is the tissue and blood that lined your uterus during pregnancy. It is heavy and bright red at first, becoming lighter in flow and color until it goes away after a few weeks
- Swelling in your legs and feet. Keep your feet elevated when possible
- Difficulty having a bowel movement. Try to drink plenty of water and eat fresh fruits and vegetables
- Menstrual-like cramping is common, especially if you are breastfeeding
- Your breast milk will come in within two to four days after your delivery. Even if you are not breastfeeding, you can have milk leaking from your nipples, and your breasts might feel full, tender, or uncomfortable
- Follow your doctor's instructions on how much activity, like climbing stairs or walking, you can do for the next few weeks



Medical Care After Delivery

You can expect to stay in the hospital for a couple of days after your baby is born. While in the hospital, ask questions about caring for your baby, how to breastfeed, and when to call your doctor and your baby's doctor after discharge. Your baby's pediatrician will want to see your baby about two days after leaving the hospital. Your doctor will also want to see you after delivery, usually between two and six weeks. Ask your doctor when you should follow-up after delivery.

Call Customer Care at (833) 318-4146/TTY 711 to help schedule your and your baby's appointments, and arrange a ride.

Feeling Blue and Postpartum Depression

After childbirth, you may feel sad, weepy, and overwhelmed for a few days. Many new mothers have the “baby blues” after giving birth. Changing hormones, anxiety about caring for the baby, and lack of sleep all affect your emotions. You may feel:

- Tired after delivery
- Tired from a lack of sleep or broken sleep
- Overwhelmed with a new baby
- Doubts about your ability to be a good mother
- A lack of free time
- Stress from changes in work and home routines
- An unrealistic need to be a perfect mom
- Loss of who you were before having the baby
- Less attractive

Be patient with yourself. These feelings are normal and usually go away quickly. But if sadness lasts more than two weeks, go see your doctor. Don't wait until your postpartum visit to do so. You might have a serious but treatable condition called postpartum depression. Postpartum depression can happen any time within the first year after birth.



What should I do if I have symptoms of depression after I deliver my baby?

CALL YOUR DOCTOR IF:

- Your baby blues don't go away after 2 weeks
- Symptoms of depression get worse
- It is hard for you to do tasks at work or at home
- You cannot care for yourself or your baby
- You have thoughts of hurting yourself or your baby



Help is available! Call Postpartum Support International Arizona Warmline at (888) 434-MOMS (6667) for local support. If you are having thoughts of hurting yourself or your baby, call 9-1-1.

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Crisis Response Network (877) 756-4090

Cochise, Graham, Greenlee, La Paz,
Pima, Pinal, Santa Cruz, or Yuma County

Nursewise (866) 495-6735

Maricopa County

Crisis Services (800) 631-1314

Transportation

As a member of BUFC/ALTCS, you can receive a ride to your doctor's appointments. A ride can be scheduled by calling Customer Care.

HERE ARE SOME HELPFUL DO'S AND DON'TS:

DO:

- Call our Customer Care Center at **(833) 318-4146/TTY 711** and select the transportation option
- Call during normal business hours (7:30 A.M. to 5:00 P.M. Monday thru Friday)
- Call at least 72 hours in advance or as soon as possible for same day transportation needs (Same-day transports may require approval)
- Be ready when the taxi or van arrives to pick you up so that you arrive on time
- Make sure to tell the transportation representative of any special help you may need regarding your transportation (wheelchair, car seats, escort, etc.)
- Call our Customer Care Center right away if you have a problem with your transportation
- Call 911 for a ride to the hospital if you are in labor or having complications.

DO NOT:

- Call the transportation vendor directly to set up your ride, please call our Customer Care Center at **(833) 318-4146/TTY 711** and select the transportation option
- Call your PCP to set up your ride
- Allow more than one other person to accompany you to your appointment
- Forget to call our Customer Care Center and tell them to cancel your ride if:
You find another ride or you cancel or reschedule your appointment



Drink Water



Like fish, people cannot live without water. In Arizona, the desert heat dries out our bodies. You must drink lots of water to keep your body from drying out and getting sick, especially during pregnancy.

Always carry water with you:

- in the car,
- when you go shopping, and
- when you take a walk

Problems like kidney infection and early labor are especially dangerous during the summer months. In the summer, you must drink at least 8 glasses of water daily. You need to drink more water if you are going outside.

REFERENCES

AZ211 dial 211 from any phone or 1-877-211-8661, for 24/7 community information and referrals.

Special thanks to the U.S. Department of Health and Human Services Office of Women's Health, KidsHealth from Nemours, and March of Dimes for content.

www.marchofdimes.org/complications/depression-during-pregnancy.aspx

www.marchofdimes.org/baby/breastfeeding-is-best.aspx

<https://www.womenshealth.gov/pregnancy/youre-pregnant-now-what/stages-pregnancy>

www.kidshealth.org/en/parents/tests-third-trimester.html?view=ptr&WT.ac=p-ptr

<https://www.womenshealth.gov/pregnancy/childbirth-and-beyond/labor-and-birth>

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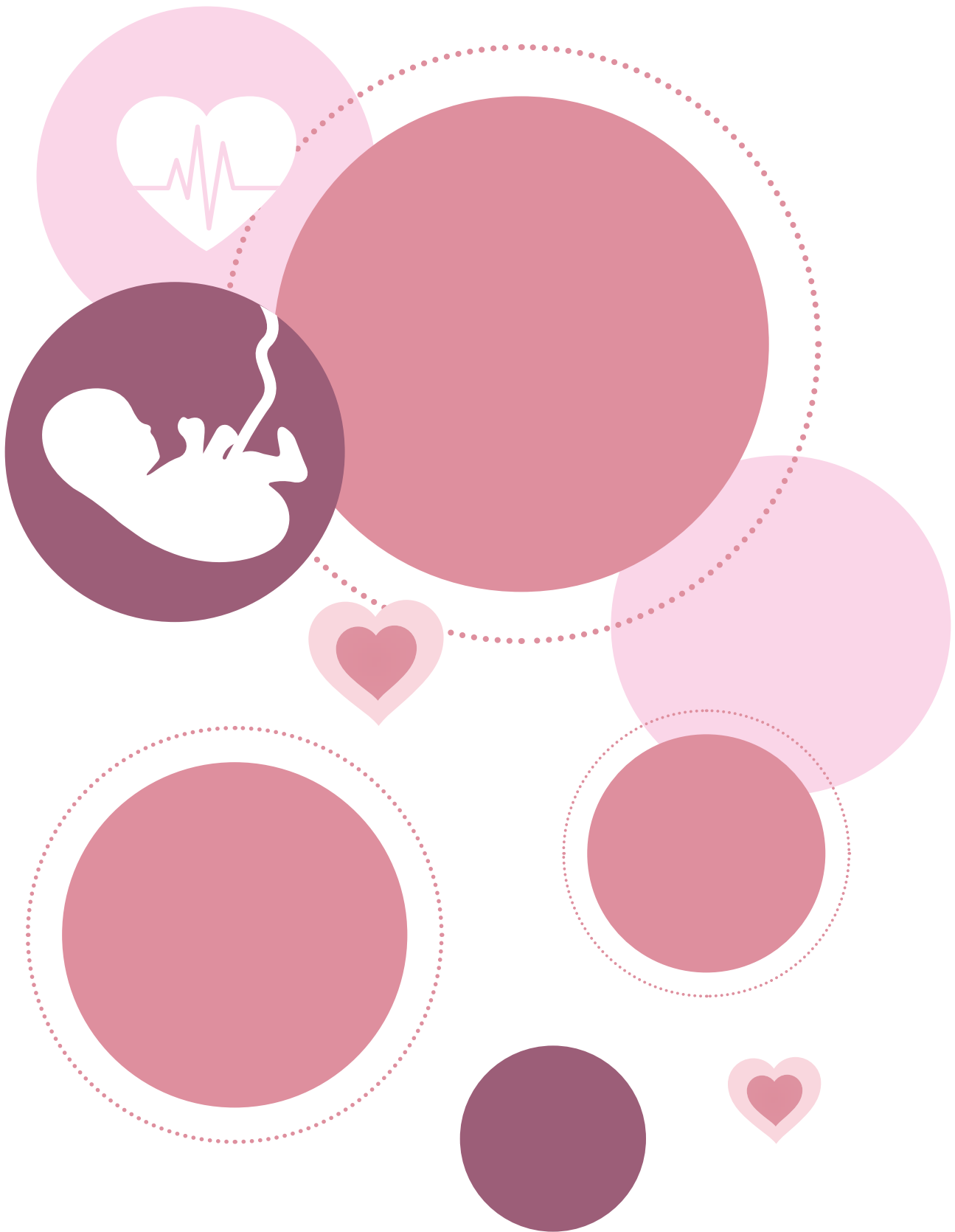
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