

# YOUR PREGNANCY TO-DO LIST



There's a lot to think about when you're expecting. Follow this helpful to-do list to promote good health and prepare for the arrival of your baby.

## First Trimester

- ☐ As soon as you think you're pregnant, schedule your first prenatal appointment with an OB/GYN or midwife practitioner. It's important to see your provider before the 4th month of pregnancy.
- ☐ If you haven't already, take your Blue Health Assessment to earn rewards and receive a simple action plan for a healthier you.\* Get started at [fepblue.org/BHA](https://fepblue.org/BHA).
- ☐ Visit [fepblue.org/maternity](https://fepblue.org/maternity) to learn about your maternity benefits and resources.
- ☐ Call the 24/7 Nurse Line at **1-888-258-3432** with questions about healthy pregnancy habits.
- ☐ Create a "baby budget" to start saving now for new expenses.
- ☐ Ask your doctor about taking a daily prenatal vitamin and review your medications, including over-the-counter (OTC) products, for safety during your pregnancy.
- ☐ Schedule your upcoming prenatal appointments, screenings and ultrasounds in advance. Talk to your provider about the kinds of screening (blood testing as well as imaging) that are considered routine in all pregnancies as well as those that may be more specific based on family and personal history.
- ☐ Enroll in our Pregnancy Care Incentive Program\*\* and you could be eligible to receive a free Pregnancy Care Box—packed with helpful tools like a book and memory journal, a guide with tips for staying healthy during pregnancy, a book with advice for caring for your newborn and a water tracker bottle to help you stay hydrated. Plus, you can earn **\$75 in wellness incentives** just for taking part.
- ☐ It's important to monitor your blood pressure when you're pregnant. As part of our maternity benefits, pregnant members can get a blood pressure monitor at no cost.\*\*\*
- ☐ Don't drink alcohol, smoke or use anything that could hurt your baby. Learn more about our tobacco cessation benefits\*\*\*\* to help you quit for good at [fepblue.org/tobacco](https://fepblue.org/tobacco).
- ☐ Eat right—eating healthy during pregnancy helps your baby grow. Experts say you should eat 6-11 servings of bread and grains, 2-4 servings of fruit, 4 or more servings of vegetables, 4 servings of dairy and 3 servings of protein daily.
- ☐ Cut caffeine—if you are pregnant or trying to get pregnant, limit your caffeine to 200 mg a day, which is about one 12-ounce cup.

- ☐ Visit your dentist—pregnancy can cause gum problems like tenderness, swelling and bleeding due to rising hormone levels. Brush and floss daily, and visit your dentist regularly.
- ☐ Stay active—whether you enjoy prenatal yoga or prefer a more intense workout, talk to your doctor about safe ways to stay active during pregnancy.

## Second Trimester

- ☐ Create your baby registry.
- ☐ Talk to your doctor about your birth plan.
- ☐ Write or update your will, including plans for your child's inheritance and guardianship.
- ☐ Consider purchasing life insurance or increasing your coverage.
- ☐ Talk to your employer about maternity leave benefits.
- ☐ Begin researching childcare options.
- ☐ Start preparing any other children you have for their new sibling.

## Third Trimester

- ☐ Get educated. Consider taking infant CPR, childbirth education, newborn care and/or breastfeeding classes. Your maternity benefits cover breastfeeding education provided by certain healthcare providers.
- ☐ Pre-register at the hospital where you will be delivering.
- ☐ Take a tour of the hospital's maternity ward.
- ☐ Pack your hospital bag.
- ☐ If you plan to breastfeed, order a breast pump. Blue Cross and Blue Shield Service Benefit Plan members who are pregnant and/or nursing are eligible to receive one breast pump kit per calendar year by calling **1-800-411-BLUE (2583)**.
- ☐ Buy nursing bras, tanks and breast pads.
- ☐ Get your infant car seat installed and inspected at your local fire department.
- ☐ Interview and select a pediatrician since your baby will need to visit them immediately after birth. From breastfeeding to sleep, ask them their philosophies about child rearing to determine if their recommendations are a good fit for your family. Discuss office policies and hours, on-call policies, typical length of appointments and staff structure. To find an in-network pediatrician, visit [provider.fepblue.org](https://provider.fepblue.org).
- ☐ Get familiar with when your child should see the doctor: newborns should go nearly every month for the first six months and then every three months until they are 18 months old; children 3 to 18 should see their doctor at least every year.

\*You must be 18 or older and the contract holder or spouse on a FEP Blue Basic® or FEP Blue Standard® plan to earn this reward.

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\*\*\*Eligible members can receive one blood pressure monitor every two years.

\*\*\*\*You must meet age requirements for prescribed tobacco cessation drugs to receive this benefit.