

# Prenatal care

## Staying healthy while you are pregnant



**See your provider as soon as you think you are pregnant.**

### What is prenatal care?

It is the health care you get while you are pregnant.

### Why do I need prenatal care?

It will help you have a healthy pregnancy and a healthy baby. Early and regular prenatal care is important. Keep the following appointments with your provider:

Trimester	Weeks	Appointments
<b>1ST</b>	1-12 weeks	See your provider as soon as you think you are pregnant.
<b>2ND</b>	12-28 weeks	See your provider every four weeks.
<b>3RD</b>	28 weeks-delivery	See your provider every two to three weeks during weeks 28-36. See your provider every week from 36 weeks until delivery.
<b>Postpartum</b>	After birth	See your provider three to seven weeks after your baby is born. Schedule as soon as your baby is born.

Keeping provider appointments during your pregnancy will help you have a healthy baby. Your provider will make sure you get the care that is right for you. Molina Healthcare is here to help you. If you do not have a health care provider, call Member Services. The phone number is on the back of your Member ID card.



**Do you have health questions?**

**Call our 24-hour Nurse Advice Line. We are here to help you.**

English: **(888) 275-8750** Español: **(866) 648-3537** TTY/TDD: **711**