

Gaining Weight – How Much is Healthy?

Staying Healthy While You
Are Pregnant

Do you have 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

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All material in this brochure is for
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your provider's advice.

To get this information in other languages
and accessible formats, please call Member
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Your Extended Family



Your Extended Family

Every Woman is Different.

Your weight before becoming pregnant affects the right amount to gain while pregnant. Your provider may use Body Mass Index (BMI) as a guide.

Pre-pregnancy weight	Suggested weight gain
Underweight (BMI < 18.5)	28 to 40 lbs.
Normal weight (BMI 18.5 to 24.9)	25 to 35 lbs.
Overweight (BMI 25 to 29.9)	15 to 25 lbs.
Obese (BMI 30 or more)	11 to 20 lbs.



If you are pregnant with more than one baby, you may need to gain more weight. Talk to your provider about how much weight gain is right for you.

