



**You've got this.  
And we've got you.**

These resources are here to make things easier and remind you that help is always within reach:

- Visit [familyresourceguide.org](http://familyresourceguide.org) for local and national information on children from birth to age 21.
- Call **The United Way** at 211 or **888-553-5778** (TTY call 711) for additional support.
- Reach out to **your doctor** anytime you need answers or extra support.

**Stay connected to care,  
before and after baby.**



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Scan the code to download the **My Highmark app**.

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ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Übersetzungs- und Dolmetscherdienste zur Verfügung. Außerdem sind kostenlos entsprechende Hilfsmittel und Dienstleistungen (wie Großdruck, Audio und Blindenschrift) zur Bereitstellung von Informationen in barrierefreien Formaten erhältlich. Wählen Sie hierfür bitte die Nummer auf der Rückseite Ihrer Ausweiskarte (TTY: 711).



Support for New Moms

# Prenatal and Postpartum Care



**HIGHMARK**   
Because Life.™

## Supporting your health before and after your baby's arrival.

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No matter where you are in your pregnancy journey, this guide is a reminder that your health matters, too. We'll walk you through some simple ways to stay well – physically, mentally, and emotionally – so you can care for yourself while you care for your baby.

### Support for New Moms

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## Taking care of yourself.

### 1. Start strong with prenatal care.

Once you think you're pregnant, go ahead and schedule your first appointment.

#### At your checkups, your doctor will:

- Keep an eye on your weight, blood pressure, and labs.
- Listen to your baby's heartbeat and track their growth.
- Recommend a few key vaccines, like the flu and Tdap vaccine.

#### Before baby arrives

Think ahead about where you'd like to give birth, your pain relief options, and who will be part of your support circle, such as:

- Your doctor for your ongoing care and recovery.
- Your baby's pediatrician for early visits.
- Family, doulas, or friends who can step in for a much-needed breather.

### 2. Feeling good starts with a follow-up.

Plan to see your doctor **4 – 6 weeks after delivery**, or sooner if something feels off.

#### Your doctor will check:

- How you're healing and recovering.
- Your blood pressure, weight, and energy levels.
- Your comfort with breastfeeding and whether you have any questions.

#### Be gentle with yourself.

It's normal to feel tired, emotional, or anxious. But if those feelings start to weigh you down, talk to your doctor.

If you need someone to talk to right away, **call or text 988 for 24/7 support.**

### 3. Rest, recover, and repeat.

Focus on the small ways you can nurture your recovery:

- **Rest when you can.** Even a few quiet minutes can make a difference.
- **Eat and drink often.** Nourish yourself with healthy foods and stay hydrated.
- **Move at your own pace.** Ask your doctor when it's safe to start light activity.