



Hāpai Mālama

Helping you get a great start to a healthy pregnancy.

Your first steps during pregnancy are so important.

Hāpai Mālama is a program offered through your health plan, UnitedHealthcare Community Plan. We are your special source for help during your pregnancy. We work with you and your health care provider to help you have the best pregnancy experience possible. And we'll help you take healthy steps all along the way.

Be sure to take these 3 Healthy First Steps.

1

Choose a pregnancy provider.

Learn about your options on the next page.
If you haven't selected a provider yet, you can:

- Call the Hāpai Mālama Helpline toll-free at 1-888-980-8728. We can help you find someone close to you.
- Search online using the secure member portal, myuhc.com/CommunityPlan.

2

Schedule and go to your first prenatal visit.

- Schedule an appointment with a doctor or nurse midwife as soon as you know you are pregnant.
- If you need help scheduling this appointment, call our Helpline.

3

Go to ALL of your prenatal and postpartum visits.

- This is one of the most important things you can do to ensure you and your baby stay healthy.
- It's important to go to all your prenatal visits, even if you've had a healthy pregnancy before. Each pregnancy is different. You owe it to yourself and your baby to make these visits a priority.
- If you need rides to and from a visit, we can help schedule them. Just call our Helpline.



Earn great rewards.

- Healthy First Steps rewards you for going to your prenatal and postpartum visits.
- Get a \$10 gift card just for signing up.
- Earn up to 8 rewards in all.

To sign up, visit
UHCHealthyFirstSteps.com



Choosing a pregnancy provider.

We'll help you find a provider that's a good fit for you. Choose from several types of providers. Don't delay. It's important to see your provider early and often during your pregnancy.

Need help finding a network provider?
Call our Helpline toll-free at 1-888-980-8728.



OB/GYN
(Obstetrician/Gynecologist)

An OB/GYN is a doctor who specializes in both women's health and delivering babies. Most pregnant women choose to see an OB/GYN.



Family practice doctor

This type of doctor can care for all members of your family. They can take care of you before, during and after your pregnancy, and can sometimes deliver your baby. Not all family doctors deliver babies, so check with the doctor before choosing him or her.



Nurse midwife

A midwife is a trained health professional who helps healthy women during pregnancy, labor, delivery, and after the birth of their babies.



What is a network provider?

This is someone who partners with UnitedHealthcare Community Plan to care for our members. You have many to choose from! When you see a network provider, you are fully covered for your plan benefits. You can search for one online at **myuhc.com/CommunityPlan**. You can also call our Helpline.

Your partner during pregnancy.

The relationship between you and your pregnancy provider is an important one. You will share a number of special events together, including learning your due date, hearing your baby's heartbeat, seeing an ultrasound and monitoring your baby's growth.

Your health, and the health of your baby, is your provider's priority. They know pregnancy is an exciting time. They also know it can be uncomfortable, confusing, and even scary. You can trust your provider with personal questions and concerns.



Plan for a healthy pregnancy.

Things that can put your pregnancy at risk.

Your provider will go over these and other topics with you. If you have questions or concerns, be sure to mention it to your provider. You can also call the Hāpai Mālama Helpline.



Smoking

Smoking during pregnancy is not safe. It can cause a miscarriage or stillbirth. Or your baby may be born too soon (premature) and too small. The baby may develop breathing problems such as asthma. If you are pregnant do not smoke.



Alcohol use

Drinking alcohol during pregnancy can cause mental and physical defects. This is known as fetal alcohol syndrome. It can also cause your baby to be born small or could lead to problems with learning. There is no safe limit of alcohol to drink during pregnancy. If you are pregnant, do not drink alcohol.



Drug use

Using street drugs during pregnancy is not safe. It can cause a miscarriage or it may cause your baby to be born too soon or too small. Your baby could also be born addicted, go through withdrawal, and have learning problems. Street drugs harm your health and your baby. If you are pregnant, do not use street drugs.



Substance use support.

Call the Substance Use Disorder Helpline toll-free at **1-855-780-5955** or call member services toll-free at **1-888-980-8728, TTY 711**. This is a confidential and no-cost service. Your personal information will be kept confidential in accordance with state and federal laws.



Higher risk? Hāpai Mālama is here for you.

If your provider thinks you may be at higher risk for complications during your pregnancy, one of our Hāpai Mālama Care Managers will partner with you. They will provide support during your pregnancy and help you get important care and services.



Prescriptions and over-the-counter medicines

Ask your doctor before taking any medicine. This is even true for store-bought medicines such as aspirin, acetaminophen or cough medicine. Tell them about anything you were taking before you were pregnant.



Sexually Transmitted Infections (STI)

Being pregnant does not protect you or your baby from STIs. Be sure to practice safe sex even when pregnant. STIs can be passed from you to your baby and can cause serious problems. If you currently have an STI and it is not being treated, talk to your doctor immediately. It could hurt your baby.



Gestational diabetes

This is a type of diabetes that some women develop during pregnancy. Your provider may order a test for you between weeks 24 and 28. You could have a greater chance of getting gestational diabetes if any of these apply to you:

- Are 25 years of age or older.
- Are overweight.
- Have a family history of diabetes.
- Have had a previous unexplained stillbirth.
- Have had gestational diabetes before.
- Are African-American, Native American, Asian American, Hispanic, Latina or Pacific Islander.
- Gave birth to a baby weighing more than 9½ pounds.

If left untreated, gestational diabetes can cause health problems for both you and your baby.



What you can expect.

Pregnancy is divided into three stages called trimesters.

Each one is three months long. Here's a quick guide to what happens in each stage.

1st Trimester (Months 1–3)

What to Expect

You can't see it, but your body is going through big changes. It's starting to care for your growing baby. You might have an upset stomach, mood swings, tiredness or heartburn.



Your provider visits

After your first visit, which should take place as soon as you know you're pregnant, you'll see your doctor every 4 weeks. You will:

- Get a complete physical exam.
- Have routine tests.
- Talk about your medical history. This information will help you and your baby get the best care.
- Figure out your baby's due date.
- Learn about the importance of eating well, prenatal vitamins, exercising and other healthy life choices.



Baby's development

During this stage:

- The brain, spinal cord, heart and other organs begin to form and facial features can be seen.
- By 12 weeks, your baby may be close to 3 inches long. He or she may weigh about ½ ounce.

2nd Trimester (Months 4–6)

What to Expect

During this stage, many women start to feel better. The nausea may be going away.



Your provider visits

You'll likely visit your provider every 4 weeks. He or she will check:

- Your blood pressure and weight.
- Routine blood and urine tests.
- Baby's heartbeat. And you may get an ultrasound (a special scan that uses sound to make an image) to see your baby's growth.



Baby's development

During this stage:

- Baby will start to move and kick, and their hair begins to grow.
- By the end of this stage, he or she may be about 12 inches long and weigh 1.5 to 2 pounds.



3rd trimester (Months 7–9)

What to Expect

This is the stage with the fastest growth. Your baby may gain ½ pound a week during the last month.



Your provider visits

You'll visit your provider every two to three weeks. At 36 weeks, you'll visit once a week until you deliver the baby.

Visits will include:

- Checking your baby's heartbeat and movements.
- Have routine tests.
- Pelvic exams to check the baby's position.

Your provider will also talk with you about:

- What to do when labor starts and methods of delivery.
- Breast-feeding and bottle-feeding.
- Family planning choices and services for after your baby is born.



Baby's development

During this stage:

- Eyes begin to open, and eyebrows and lashes are formed. Bones become fully developed.
- By week 39, your baby is full-term and may turn upside-down to get ready for birth.
- Babies aren't fully developed until at least 39 weeks of pregnancy. If there's no medical reason to deliver your baby early, your best option is to wait.
- At birth, your baby may be 19 to 21 inches long and weigh between 6 lbs. 2 oz. and 9 lbs. 2 oz.



So many questions!

You'll think of new questions throughout your pregnancy. To help you remember, jot them down and bring this booklet to your provider visits.

Week: ____ Q _____

Week: ____ Q _____

Week: ____ Q _____

Week: ____ Q _____

Week: ____ Q _____

Week: ____ Q _____



Get extra support and earn great rewards.

As a member of UnitedHealthcare Community Plan, you have many more programs and services available to you. Here are a few of them – and there are others! Learn more by calling the Member Services number listed below, or see your member handbook. You can find your handbook online at myuhc.com/CommunityPlan.



Earn rewards

Healthy First Steps rewards you for going to the doctor. Earn up to 8 rewards in all. Receive a \$10 gift card just for enrolling. To enroll, visit **UHCHealthyFirstSteps.com** or call **1-800-599-5985**.



Text4Baby

For pregnant members and new moms. Get FREE text messages on your cell phone each week to match your stage of pregnancy. Sign up by **texting the word BABY to 511411**. Then enter the participant code HFS. (Short for Healthy First Steps.)



NurseLine

With NurseLine you have 24/7 telephone access to experienced registered nurses. They can give you information, support and education for any health-related question or concern. Interpreter services are available. **Call 1-800-542-8630.**



Substance use support

Get the help you need with our free, anonymous Substance Use Disorder Helpline. Call the Substance Use Disorder Helpline toll-free at **1-855-780-5955** or call member services toll-free at **1-888-980-8728, TTY 711**. This is a confidential and no-cost service. Your personal information will be kept confidential in accordance with state and federal laws.



Member Services

If you want to learn more about programs available to you, or if you have questions about your UnitedHealthcare health plan benefits, call Member Services. You can reach us toll-free at **1-888-980-8728, TTY 711**.

UnitedHealthcare Community Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of:

- Race
- Disability
- Age
- National Origin
- Color
- Sex

English

Do you need help in another language? We will get you a free interpreter. Call **1-888-980-8728, TTY 711**, to tell us which language you speak.

Ilocano

PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti **1-888-980-8728, TTY 711**.

Tagalog

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng serbisyo ng tulong sawika ng walang bayad. Tumawag sa **1-888-980-8728, TTY 711**.

Traditional Chinese

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-888-980-8728, TTY 711**。

Korean

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-888-980-8728, TTY 711**번으로 전화해 주십시오.

Vietnamese

CHÚ Ý: Nếu bạn nói tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-888-980-8728, TTY 711**.

