

My Pre-pregnancy Checklist.

Healthier Me – for My Healthier Baby



Preparing your body for a healthy pregnancy is an important step for a healthier you and a healthy baby. Here are some tips on how to take care of your health before pregnancy.

- ☐ Get a pre-pregnancy checkup.
- ☐ Eat well.
- ☐ Be active and manage my weight.
- ☐ Take prenatal vitamins and folic acid.
- ☐ Talk with my doctor about birth control and protecting against STIs.
- ☐ Protect myself from illnesses.
- ☐ Update my vaccinations.
- ☐ Get a dental checkup.
- ☐ Avoid caffeine.
- ☐ Do not smoke cigarettes or use other harmful substances.
- ☐ Manage my health conditions.
- ☐ Know my health history.
- ☐ Take care of me!

Visit <https://hmsa.com/well-being/maternal-health> for more information about pre-pregnancy, prenatal, and postpartum health. You'll also find links to frequently asked questions and resources available for parents-to-be.

HMSA is here with you through all stages of life.

See the next page for more helpful tips.



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See your doctor before trying to get pregnant. Ask about managing any health conditions you have, and any medications you should or should not take.



Eat a well-balanced diet that includes lots of vegetables and fruits. Plan meals and snacks before grocery shopping. Have healthy food choices on hand.



Get regular physical activity and keep active. Ask family and friends to exercise with you, even if that's just going out for a daily 30-minute walk. Being too thin can make it harder to get pregnant. Being too heavy may cause problems, such as raising your chances of diabetes or high blood pressure or making labor last longer. Talk to your doctor about what a healthy weight is for you.



Prenatal vitamins and folic acid support a healthy pregnancy and your baby's health. Folic acid can help to prevent birth defects of a baby's brain and spine. Most experts recommend taking 400 micrograms (mcg) of folic acid daily. Ask your doctor about folic acid and prenatal vitamins.



Talk with your doctor about birth control, including which one to use and when to stop if you're planning to get pregnant. Get checked for any sexually transmitted infections and have your partner get checked as well.



To prevent illness, wash your hands frequently with soap and water. Avoid changing the cat litter yourself. Stay away from people who are sick. Avoid harmful chemicals, metals, and other toxic substances at home and at work.



Vaccinations are the best defense against many diseases. Check with your doctor on which vaccinations are recommended now and when you get pregnant.



See your dentist for a checkup before trying to conceive. Floss regularly – it's good for your smile and your baby. Pregnancy raises the chance of gum disease, which could lead to early labor.



Some experts suggest no more than 200 milligrams of caffeine a day (a 12-oz. cup of coffee or four 8-oz. cups of tea) while you're trying to get pregnant and during pregnancy.



Stop use of tobacco, alcohol, and other harmful substances. Talk to your doctor about potential problems associated with these substances and any prescription drugs you're taking.



Manage your health conditions and learn about your family's health history. Talk to your doctor about any of your and your partner's existing health conditions and family health history, including asthma and diabetes.



High levels of stress can affect your pregnancy and developing baby. If needed, reach out to family or friends and seek professional help. There are a number of mental health resources available to HMSA members.



You can find them at hmsa.com/well-being/mental-health-resources.