



To-Do Checklist for a Healthy Pregnancy

Congratulations! This is such a special time in your life. Being pregnant is exciting but it also can be overwhelming. We know you may have questions. We are here for you and excited to partner with you on your journey!

Here are five things to do when you find out you're pregnant.

- Get a check-up:** As soon as you know you are pregnant make an appointment with your OB provider. Your doctor will review your medical history, answer your questions, and order any necessary tests.
- Vitamins:** If you haven't already, start taking a prenatal vitamin. These vitamins contain important nutrients that help promote the healthy development of your baby. Talk to your doctor about the right vitamin for you.
- Eat well:** Make sure you are eating a well-balanced diet, limiting processed and fast food, and drink plenty of water.
- Get your COVID-19 vaccine:** Pregnant people are more likely to get severely ill with COVID-19 compared to non-pregnant people. Pregnancy and health experts like the Centers for Disease Control (CDC) and the American College of Obstetricians and Gynecologists (ACOG) recommend that pregnant and breastfeeding people should be vaccinated against COVID-19.
- Learn about your health insurance:** Check your health plan and see what benefits are included.