



# The Importance of Prenatal Care

## Ensuring health and well-being for you and your baby throughout pregnancy

Prenatal care is important during pregnancy. It helps you and your baby receive the attention needed for a healthy pregnancy and delivery. Regular doctor visits allow doctors to monitor your pregnancy, find health issues early, answer questions about pregnancy, and get advice to support you and your baby's well-being, preparing you for a safe birth.

## Attending prenatal appointments can reduce the risk of birth complications.

### Preeclampsia

A serious condition with high blood pressure that can harm the mother's heart and kidneys, often occurring later in pregnancy.

### Premature birth

Babies born before 37 weeks may have health problems because they may not be fully developed at birth.

### Low birth weight

Babies who weigh less than 5 pounds, 8 ounces can experience health challenges.

## Proactive steps for a healthier pregnancy and lower complications:

- Attend regular prenatal appointments
- Eat healthy foods like fruits, vegetables, whole wheat, and lean proteins
- Stay hydrated and active
- Manage stress
- Avoid alcohol, tobacco, and recreational drugs
- Check blood pressure and follow medical advice if it increases
- Avoid over-the-counter medications and supplements unless recommended by your doctor
- Learn about pregnancy complications and warning signs

## WIC Health Resources

WIC provides pregnant women, new moms, infants, and children up to age 5 with:

- Healthy foods
- Nutrition tips
- Breastfeeding support
- Health and social services

Visit

[ProvidenceHealthPlan.com/WIC](https://www.ProvidenceHealthPlan.com/WIC)  
to see if you qualify.



Prenatal care is your pathway to a healthy pregnancy and safe birth. Visit [ProvidenceHealthPlan.com/OHPPregnancyCare](https://www.ProvidenceHealthPlan.com/OHPPregnancyCare) for more information and community resources.

Please note: This flyer is just for information. It is not a replacement for talking to a doctor, getting a diagnosis, or treatment.