



Prenatal Appointments

Helping you have a healthy pregnancy & baby

During pregnancy your baby is growing and your body is changing. The best thing you can do for yourself and your baby is to get regular prenatal care. The doctor who provides your prenatal care is an OB/GYN. If you're pregnant, or think you might be, choose an OB/GYN and schedule a visit.

Your prenatal care appointments are important! Make sure you go to all of your prenatal checkups, even if you are feeling fine. These checkups are important to make sure you and your baby are doing well throughout your pregnancy.

Regular prenatal care can:

- Help you have a healthy pregnancy and baby
- Help prevent low birth weight
- Find any problems with your pregnancy early so they can be treated
- Give your baby the best chance at having a healthy start to life

Your recommended prenatal visit schedule:

ONCE A MONTH:

Weeks 4 through 28

TWICE A MONTH:

Weeks 28 through 36

WEEKLY:

Weeks 36 through delivery

If you are older than 35, or have a high-risk pregnancy, you may need to see your OB/GYN more often.

Call 1.800.859.9889, ext. 2025, for help finding an OB/GYN or a Certified Nurse Midwife, or to speak to a HUSKY Health Nurse Care Manager about your pregnancy.



Healthy Beginnings
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