

StarBabies



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Meet our new president

Lou Fragoso has been appointed president of Texas Children's Health Plan. Prior to this appointment, Lou served as vice president of business operations at Texas Children's Pediatrics since February 2014. During his time at Texas Children's Pediatrics, Lou helped create Texas Children's Urgent Care. Texas Children's Urgent Care helps patients get care right away, without having to spend time in the Emergency Room.

Lou brings 20 years of experience to Texas Children's Health Plan. We are very pleased to welcome Lou!



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FACT OR FICTION?

Can the speed of your baby's heartbeat predict the sex of your baby?



Is it a boy or a girl? Can your baby's heart rate give you a clue? While some have been telling tales for ages (a heart rate above 140 promises a girl and one under 140 delivers a boy), studies show no relation between fetal heart rate and gender.

It may be fun to try to guess your baby's sex based on your baby's heart rate (you will be right 50% of the time). But, you might not want to make color choices for your baby's room based on it.

Source: What to Expect When You're Expecting



It's not too early to prepare for your baby's birth!

Make your plans now to attend one of our childbirth classes. These classes are just one of the extra services you get for being a Texas Children's Health Plan member. Why should you take a childbirth class?

- Get cool gifts and tips for a healthy pregnancy and healthy baby.
- Comfortable environment to learn with other mothers like you.
- Your partner/family member will be able to learn with you.
- Have answers to your questions regarding healthy birth and breastfeeding.

Sign up at:
[TexasChildrensHealthPlan.org/events/member/childbirth-education](https://www.texaschildrenshealthplan.org/events/member/childbirth-education)





Your 3rd month of pregnancy

-what you can expect

You are in the last month of your first trimester!

You may still be having early pregnancy symptoms. Even though pregnancy is different with each woman, here's what is likely going on with your body and your baby. You may have:

- Gained 2 to 4 pounds by now.
- A need to urinate often.
- Sleepiness.
- Nausea (with or without vomiting).
- Constipation, heartburn, indigestion, and bloating.
- Food cravings.
- Breast changes.
- Increase in appetite.
- Increased or slight whitish vaginal discharge.
- Occasional headaches.
- Occasional faintness or dizziness.
- Tightness of clothing around the waist and breasts.

By the end of this month, your baby will:

- Be about 2 ½ to 3 inches long.
- Weigh about 1 ounce.
- Have soft fingernails and toenails.
- Have all vital organs.
- Have a head that is half of its body length!
- Have a heartbeat that you can hear.

During this month's visit you can expect your doctor to check your:

- Weight and blood pressure.
- Urine, for sugar and protein.
- Baby's heartbeat.
- Legs for varicose veins.
- Symptoms, especially unusual ones.

Remember to ask your doctor any questions you have or talk to her about any problems you are having. It is important to see your doctor for your prenatal visit each month to make sure that you and your baby are healthy!



If this is your second or third prenatal visit, it will be a much shorter visit.



Zika virus: what we know

You probably heard a lot about Zika virus last year. You may not have heard as much in the past couple of months because the mosquitoes that carry it are not as active during the winter. But, you should know that it is still out there. As the weather gets warmer and it rains more during the spring, you will probably start to hear about more cases.

Now that you are pregnant, we want you to have a healthy baby! Here is what you should know about Zika.

- No vaccine exists to prevent Zika.
- Prevent Zika by avoiding mosquito bites.
- Mosquitoes that spread Zika virus bite during the day and night.
- Zika can be passed through sex from a person who has Zika to his or her sex partners. Condoms can reduce the chance of getting Zika from sex.
- Local mosquito-borne Zika virus transmission has been reported in the continental States, including Texas.



Here are some common questions about Zika and their answers:

- 1. What is Zika virus?** Zika is carried by mosquitoes. It is spread when a mosquito bites someone, becomes infected, and then bites someone else. It can also be spread through sex. If your partner is at risk for having Zika, you should abstain from sex or use condoms every time.
- 2. What are the symptoms of Zika?** Most people infected with Zika do not have symptoms. Those who do may have fever, rash, eye pain, red eyes, and muscle pain. Even though it is a relatively mild disease in pregnant women, it is thought to be a much bigger problem in unborn babies or newborns.
- 3. What problems could Zika cause my baby?** Zika virus has been linked to cases of microcephaly, a birth defect causing a very small brain. Babies have also shown very serious brain problems. Eye infections in babies have been reported as well. There have been reports of miscarriages and stillbirths in women who got the virus early in their pregnancy.
- 4. If I have Zika, how will I know if my baby is going to have a problem?** We don't yet know how likely it is for a person with Zika to have a baby with birth defects or a miscarriage. Sometimes babies look fine on ultrasound but show signs later in pregnancy. Scientists are studying Zika to learn more about it.
- 5. Is there a treatment for Zika?** At this time, no. Only the symptoms can be treated. However, there is a test for Zika. If you think you have Zika, see your doctor right away.
- 6. Where can I find out more?** The Centers for Disease Control (CDC) has the most current information:
www.cdc.gov/zika/pregnancy



Protect yourself from mosquitoes

There is a lot of talk these days about mosquito bites and the possible serious viruses they can carry. Since there is no cure for some of the viruses, such as Zika, it is very important to protect yourself and your unborn baby from getting bitten.

The best way to avoid mosquito bites is to wear an insect repellent. Repellents that contain DEET are considered by the Centers for Disease Control (CDC) to be safe in pregnancy. Do not use more repellent than you need.

Other ways to prevent mosquito bites include:

- Wear long sleeves and pants, socks, and closed shoes when outdoors.
- Avoid going out when mosquitoes are most active (at dusk and dawn).
- Keep doors and windows closed or with tight-fitting screens with no holes that let insects come in the house.
- Mosquitoes lay their eggs in water, so you should empty out buckets, flower pots, toys, and other things in your yard that can collect rainwater during a rainstorm.

Source: KidsHealth.org



Need application assistance?

Email us at:
HealthPlan@texaschildrens.org



Get the care you need

We want our expecting moms to have a great pregnancy. And that means it's important for you to go to the doctor. After all, a healthy mom and a happy baby begin with quality prenatal care!

Don't wait. Get seen right away. As soon as you think you're pregnant, you should schedule your first prenatal visit. Your OB/GYN will want to see you in your first trimester or within 42 days of joining Texas Children's Health Plan.

Don't forget about your postpartum check-up. It is also important for you to go for a postpartum checkup after having your baby. Your OB/GYN MUST see you within 3 to 6 weeks after delivery. To sign your newborn up for Medicaid, call 2-1-1 and report the birth of your child to Health and Human Services Commission or visit yourtexasbenefits.com.

Cervical Cancer Screening. Routine pap smears are a key to the prevention and early detection of cervical cancer. Women ages 21–29 years should be tested every 3 years. For women ages 30–65, a pap smear with testing for human papillomavirus (HPV) every 5 years is preferred but screening with just a pap smear every 3 years is OK. Plan a visit with your doctor or local community clinic.

Mammography. Women are encouraged to talk with their doctor about screening for breast cancer with a mammogram. The American College of Obstetricians and Gynecologists recommends annual mammograms beginning at age 40. Early detection can lead to improved outcomes in women diagnosed with breast cancer. Plan a visit with your doctor or local community clinic.

For help finding a doctor visit TexasChildrensHealthPlan.org under "Find a Doctor" or call **1-866-959-2555 (STAR)** or **1-866-959-6555 (CHIP)**.

Nurse Help Line

Call our
Nurse Help Line
24 hours a day,
7 days a week at
1-800-686-3831

to speak with a registered nurse.

Call Member Services at
1-866-959-2555 (STAR)
1-866-959-6555 (CHIP)
for help picking a doctor,
midwife, or OB/GYN.

StarBabies

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Send comments to:

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Hey, Baby!
Let's connect!

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