



StarBabies

MARCH 2019

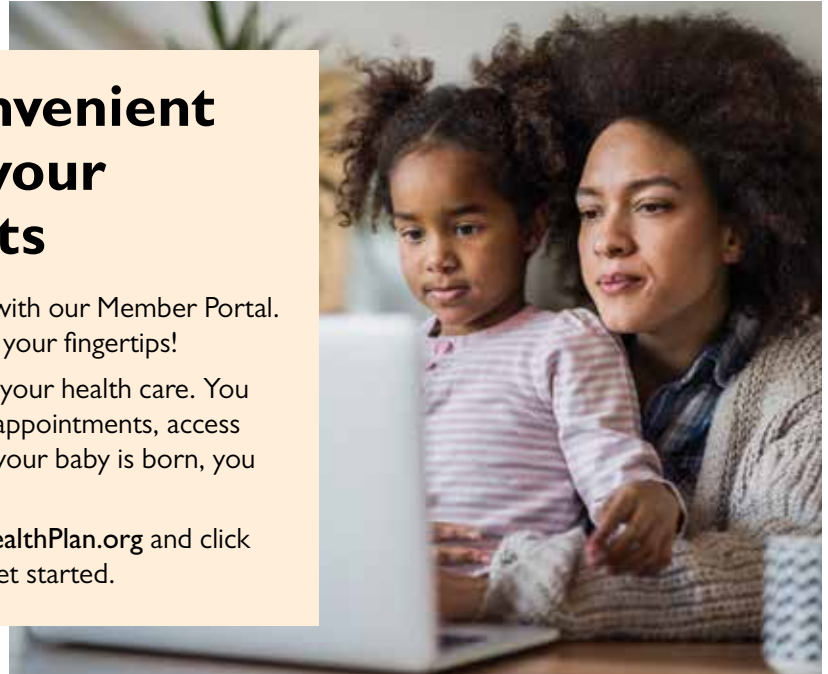
A PUBLICATION OF TEXAS CHILDREN'S HEALTH PLAN

Member Portal: a convenient way to keep up with your prenatal appointments

You can take charge of your prenatal health care with our Member Portal. And, best of all, you can have your information at your fingertips!

This interactive tool lets you play an active role in your health care. You can change your main doctor, keep track of your appointments, access your shot records and so much more. And, once your baby is born, you can keep track of all his information, too.

It's easy! Just go to our website TexasChildrensHealthPlan.org and click the Member Login link at the top of the page to get started.



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Your pregnancy: **Week 8**

Pregnancy symptoms such as a missed period, nausea, extreme fatigue, or tight clothes due to the swelling of your uterus have probably prompted you to wonder whether you're pregnant. Once you have confirmation of your pregnancy from a home pregnancy test or blood or urine test at the doctor's office, schedule your first prenatal visit.

Good prenatal care is extremely important for the health and safe delivery of your baby, so be sure to make prenatal appointments a top priority. If your pregnancy is considered high-risk (for example, if you have had multiple miscarriages, are older than 35, or have a history of pregnancy complications), your doctor may want to see you as early as possible and more often during the course of your pregnancy.

To read full article or to access the entire pregnancy calendar, visit:

<https://kidshealth.org/en/parents/week8.html>.

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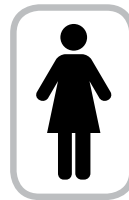
Is there any relief from morning sickness?

Unfortunately, nausea and vomiting are very common during pregnancy, especially in the first trimester. And despite its name, morning sickness isn't always restricted to the morning — some women feel sick to their stomachs morning, noon, and/or night.

If the nausea and vomiting are mild, there's usually no cause for concern. And fortunately, morning sickness usually goes away by the second trimester.

In the meantime, these things may help keep your stomach in check:

- Steer clear of certain odors that may trigger your nausea.
- Keep crackers or dry toast by your bed to nibble on before getting up.
- Eat frequent small meals to keep your stomach from becoming empty.
- Drink frequent small amounts of fluids throughout the day so you don't become dehydrated.
- Avoid eating foods that are fatty, greasy, spicy, or acidic if you find that they bother you.



At 9 weeks pregnant, I'm puking every morning and sometimes at night. Is there any end to the nausea and vomiting? – Vicki

- Eat whatever foods you can tolerate while your stomach's upset. When you feel better later, concentrate on making your meals more well-rounded.
- If your prenatal vitamin seems to worsen your nausea, take it with food instead of on an empty stomach. Or try taking it right before bed. If this does not help, talk to your health care provider about the possibility of switching to a different vitamin.

Studies are being done on various complementary and alternative therapies for morning sickness, such as acupuncture with wristbands and treatment with ginger or a vitamin B6 supplement. Speak with your doctor to see what therapies are right for you.

Talk to your doctor if your nausea or vomiting is severe, or if you're losing weight from vomiting. If the need arises, your doctor can prescribe medicine or even decide to treat you with intravenous (IV) fluids.

To read article online, visit: <https://kidshealth.org/en/parents/morning-sickness.html?ref=search>.

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Does pregnancy affect your vision?

Yes! The changes in your hormones and the fluid that you are retaining can cause changes in your vision.

Most of the time, the changes aren't that big, but you might notice that you have a little more problem with seeing long distances. Most women don't need to change the prescription for their glasses. If you did not wear glasses before pregnancy, it is better not to get a new prescription right now. Vision changes that occur when you are pregnant usually correct themselves after you have the baby.



Pregnancy and medical problems

If you have medical problems while you are pregnant, this can also affect your eyes. If you have diabetes before you get pregnant, you need to have your eyes checked because of the problems that can happen with diabetes and pregnancy. Ask your doctor or midwife about seeing a specialist.

Preeclampsia, (high blood pressure of pregnancy) also known as toxemia can cause problems with your vision. Preeclampsia is an important medical problem that can develop in any woman during pregnancy and sometimes even after the baby is born.

You need to tell your doctor right away if you have:

- Blurry vision.
- Double vision.
- Spots or flashing lights in front of your eyes.

You may not notice any changes in your eyesight while you are pregnant. But, if you do, it is probably nothing to be too worried about.

*Dr. Lisa Hollier
Chief Medical Officer of Obstetrics/Gynecology
Texas Children's Health Plan*

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 checkup. 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 Member Services at 1-866-959-2555 (STAR). For help scheduling an appointment, you can call Member Services, email us at HealthPlan@texaschildrens.org, or we can offer a 3-way call with you and the provider.

Tips for sleeping success

Although they might seem appealing when you're feeling desperate to get some ZZZs, remember that over-the-counter sleep aids, including herbal remedies, are not recommended for pregnant women.

Instead, these tips may safely improve your chances of getting a good night's sleep:

- Cut out caffeinated drinks like soda, coffee, and tea from your diet as much as possible. Restrict any intake of them to the morning or early afternoon.
- Avoid drinking a lot of fluids or eating a full meal within a few hours of going to bed. (But make sure that you also get plenty of nutrients and liquids throughout the day.) Some women find it helpful to eat more at breakfast and lunch and then have a smaller dinner. If nausea is keeping you up, try eating a few crackers before you go to bed.
- Get into a routine of going to bed and waking up at the same time each day.
- Avoid rigorous exercise right before you go to bed. Instead, do something relaxing, like reading a book or having a warm, caffeine-free drink, such as milk with honey or a cup of herbal tea.

- If a leg cramp awakens you, it may help to press your feet hard against the wall or to stand on the leg. Some women find that stretching their calf muscles before bed helps. Also, make sure that you're getting enough calcium and magnesium in your diet, which can help reduce leg cramps. But don't take any supplements without checking with your doctor.
- Take a yoga class or learn other relaxation techniques to help you unwind after a busy day. (Be sure to discuss any new activity or fitness regimen with your doctor first.)
- If fear and anxiety are keeping you awake, consider enrolling in a childbirth class or parenting class. More knowledge and the company of other pregnant women may help to ease the fears that are keeping you awake at night.

To read full article, a different week of your pregnancy or to access the entire pregnancy calendar, visit:

<https://kidshealth.org/en/parents/sleep-during-pregnancy.html?WT.ac=ctg>

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Banana Spice Smoothie

This yummy smoothie has ingredients that promote sleep.

Ingredients:

- 2 ripe bananas
- 2 cups vanilla yogurt or kefir (drinkable yogurt)
- ½ tsp. ground cinnamon
- ⅛ tsp. ground nutmeg
- ⅛ tsp. ground allspice
- 12 ice cubes

Instructions:

Combine yogurt, bananas, cinnamon, nutmeg, allspice, and ice cubes in a blender. Blend until smooth. Serve immediately.

Did you know certain foods can help you sleep?

Eating certain foods before bed can help you get better rest. Here are some to try.

- Kiwi
- Yogurt
- Kale
- Bananas
- Chamomile tea (without caffeine)

Nutrition and Supplements

Now that you're eating for two (or more!), this is not the time to cut calories or go on a diet. In fact, it's just the opposite — you need about 300 extra calories a day, especially later in your pregnancy when your baby grows quickly. If you're very thin, very active, or carrying multiples, you'll need even more. But if you're overweight, your health care provider may advise you to consume fewer extra calories.

Healthy eating is always important, but especially when you're pregnant. So, make sure your calories come from nutritious foods that will contribute to your baby's growth and development.

Try to maintain a well-balanced diet that incorporates the dietary guidelines including:

- Lean meats
- Fruits
- Vegetables
- Whole-grain breads
- Low-fat dairy products

By eating a healthy, balanced diet you're more likely to get the nutrients you need. But you will need more of the essential nutrients (especially calcium, iron, and folic acid) than you did before you became pregnant. Your health care provider will prescribe prenatal vitamins to be sure both you and your growing baby are getting enough.

But taking prenatal vitamins doesn't mean you can eat a diet that's lacking in nutrients. It's important to remember that you still need to eat well while pregnant. Prenatal vitamins are meant to supplement your diet, and aren't meant to be your only source of much-needed nutrients.

To read full article, a different week of your pregnancy or to access the entire pregnancy calendar, visit: <https://kidshealth.org/en/parents/preg-health.html?WT.ac=ctg>

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Fight Zika: protect your baby

Zika virus can be dangerous for pregnant women and their babies. Zika is spread mostly by mosquito bites. It can cause severe birth defects in unborn babies if their mothers are infected while they are pregnant.



You can fight Zika by: wearing insect repellent that contains DEET each time you go outside. You should also wear shoes and cover up when you go out. Keep mosquitoes out of your home by keeping doors and windows closed. Don't let water collect in containers outdoors.



Get ready. Get set. Draw!

Your child could be one of the winning artists of the Texas Children's Health Plan 2019 T-Shirt Design Contest! Break out the crayons, markers, or colored pencils and have your child draw what Texas Children's Health Plan means to your family. We'll pick 6 winners and their designs will be printed on a Texas Children's Health Plan T-shirt! The winners will each get a special prize and have their drawings published in our newsletters and on our website and social media. Even if we don't choose your child's design, we appreciate every member's art work and would love to see your child's drawing in next year's contest!

The design contest is open to all active Texas Children's Health Plan members from kindergarten to 5th grade. Drawings should be on white, unlined, letter-sized (8 ½ in. by 11 in.) paper. Make sure your child's drawing includes our name, Texas Children's Health Plan, in it. Don't forget to write your child's name, age, grade, and Texas Children's Health Plan Member ID number on each drawing! The last day to enter the contest is April 15, 2019. Each contest winner will be notified by May 31, 2019.



Here's how to submit your child's drawing:

1. **By mail:**
Texas Children's Health Plan
Member Engagement Department
P.O. Box 301011, WLS 8366
Houston, TX 77230-1011
2. **Drop-off locations:**
 - The Center for Children and Women – Greenspoint or Southwest
 - Participating Boys & Girls Clubs of Greater Houston locations (drop off the drawing in a sealed envelope with your child's name written on it)

To learn more, visit texaschildrenshealthplan.org/tshirtcontest. **We can't wait to see your child's amazing art!**

NO PURCHASE NECESSARY. Subject to Official Rules available at www.texaschildrenshealthplan.org/tshirtcontest. Void where prohibited by law. Open to active Texas Children's Health Plan members in K-5th grade. Contest starts on 1/1/19 and ends 4/15/19. Winners announced May 2019. Submitted entries will remain the property of Texas Children's Health Plan. All rights reserved.

Call our Nurse Help Line 24 hours a day, 7 days a week at 1-800-686-3831 to speak with a registered nurse. For help picking a doctor, midwife, or OB/GYN, call Member Services at 1-866-959-2555 (STAR).

Star Babies is published monthly by Texas Children's Health Plan. Send comments to:
Star Babies, Texas Children's Health Plan, PO Box 301011, Houston, TX 77230-1011

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