

StarBabies



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In this issue

- 2 Nine months and counting
- 3 Get the care you need
- 4 Do I need medical help?
- 5 Is it a cold or the flu?
- 6 A healthy start to the day

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Do you have a Postpartum Plan?

A postpartum plan can help parents adjust to life with a new baby by identifying resources before they're needed. Key aspects include:

- **Rest.** Finding help during the day and night following the birth of a baby is important. Prepare a list of names and contact information of people available to help you during these times.
- **Nutrition.** Plan to have meals prepared and/or delivered for the first weeks after the baby arrives.
- **Support for older siblings.** Find people who will be able to spend quality time with older children as well as drive them to school, daycare, and activities.

Visit www.texaschildrenshealthplan.org/starbabies/postpartum



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Nine months and counting!



Finally—the month you have been waiting for! By the end of this month, your baby is fully grown. He is ready to come out and be loved! Most newborn babies are between 19 to 22 inches long and weigh from 6 to 10 pounds.

During this month your body will feel different than the other months. You may:

- Feel more pelvic pressure and be sure to report any abnormal or reduced baby movements to your provider.
- Have thicker and more vaginal discharge.
- Be constipated.
- Have leg cramps.
- Have aches in your pelvis.
- Have Braxton Hicks.

Things you need to do:

- Keep your prenatal appointments.
- Report any contractions to your doctor.
- Know the difference between real contractions and Braxton Hicks.
- Ask about the timing of contractions.
- Know when you should call your doctor.
- Make sure you have the phone numbers of people you need to call when you go into labor.
- Pack for the hospital.
- Call the nurse hotline with any questions you have. The nurses are available 24 hours, 7 days a week. Call toll-free at 1-800-686-3831.

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.

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 useful 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.
- Get answers to your questions regarding healthy birth and breastfeeding.

For the breastfeeding portion of the class, you will:

- Learn the keys to successfully begin to breastfeed.
- Increase your confidence in your ability to breastfeed your baby for as long as you desire.
- Learn what to expect, how to establish your milk supply, and how to properly latch baby to the breast.

Sign up at TexasChildrensHealthPlan.org/starbabies/events

Source: What to Expect When You're Expecting

Do I need medical help?

Most colds don't cause problems for unborn babies, but the flu should be taken more seriously. Flu complications increase the risk of premature delivery and birth defects. Get medical help right away if you have the following symptoms:

- Dizziness
- Difficulty breathing
- Chest pain or pressure
- Confusion
- Vaginal bleeding
- Severe vomiting
- High fever that isn't lowered by acetaminophen (Tylenol)
- Your baby's movements slow down

The Centers for Disease Control (CDC) recommends that pregnant women with flu-like symptoms be treated immediately with antiviral medicines.

Source: [Healthline.com](https://www.healthline.com)



What you need to know about medicines during pregnancy

Some medicines are okay to take during pregnancy, but others are not. The medicine choices you and your doctor make while you are pregnant may be different from the choices you make when not pregnant. If you get a cold while pregnant, you may choose to “live with” your stuffy nose. But, there are times when taking medicine is not a choice—it is needed.

In general the following medicines are probably okay to take if you must.

- Acetaminophen (Tylenol) for aches and pains, and fever.
- Dextromethorphan (Robitussin) for coughs
- Nasal strips (Breathe Right) for opening congested nasal passages.

Some doctors will allow you take an antihistamine such as Benadryl or Claritin on a very limited basis. If you are pregnant, you should always check with your doctor before taking any medicine, even the ones considered to be okay.

Be sure to always follow your doctor's advice during your pregnancy. It's the best way to keep your baby safe and healthy.

Source: [Whattoexpect.com](https://www.whattoexpect.com)

Is it a cold or the flu?

It's the time of the year for colds and flu. But do you know the difference? Here are some ways to tell.



COLD

- Slow onset of symptoms.
- No or mild fever.
- Mild tiredness.
- Normal appetite.
- Muscles are not achy.
- No chills.
- No headache.

FLU

- Sudden onset of symptoms.
- High fever.
- Severe tiredness.
- Lower than normal appetite.
- Muscles are achy.
- Chills.
- Headache.

Flu season is here. You can help stop the spread of flu by getting the flu shot. It's especially important for women who are pregnant to get the flu vaccine because you are at a higher risk for problems from the flu. Not only is it safe for pregnant women to get the flu shot, it could save you or your baby's life!

Don't wait. Protect yourself and your family. You can get the flu shot at your provider's office.



Blueberry Almond Chia Pudding

Switch up your morning oatmeal routine with this so-easy chia pudding recipe. It's made just like overnight oats—combine chia and your milk of choice, let soak overnight, then top with juicy blueberries and crunchy almonds and dig in!

Ingredients:

- ½ cup unsweetened almond milk or other nondairy milk beverage
- 2 tablespoons chia seeds
- 2 teaspoons pure maple syrup
- ½ teaspoon almond extract
- ½ cup fresh blueberries, divided
- 1 tablespoon toasted slivered almonds, divided

Instructions:

Step 1: Stir together almond milk (or other nondairy milk beverage), chia, maple syrup and almond extract in a small bowl. Cover and refrigerate for at least 8 hours and up to 3 days.

Step 2: When ready to serve, stir the pudding well. Spoon about half the pudding into a serving glass (or bowl) and top with half the blueberries and almonds. Add the rest of the pudding and top with the remaining blueberries and almonds.

To make ahead: Refrigerate pudding (Step 1) for up to 3 days. Finish with Step 2 just before serving.

Source: eatingwell.com



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Nurse Help Line

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

to speak with a registered nurse.

**For help picking a doctor,
midwife, or OB/GYN,
call Member Services at
866-959-2555 (STAR)**

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