

IS THERE A BABY IN YOUR FUTURE?

As you think about having a baby, there is a lot to consider. Preconception counseling is an important first step. Keeping yourself healthy before you become pregnant will give your baby the best possible start. Since you are currently being treated for a chronic condition, we strongly encourage you to schedule a visit with an OB/GYN before you try to conceive.

Your OB/GYN will examine you and based on your health record, help determine if it is the best time for you to start or expand your family. Your OB/GYN may speak with your PCP or specialist who is treating your chronic condition and together they will work with you to be sure you are ready for pregnancy.

Your doctors may request that you start taking prenatal vitamins and extra folic acid. They may also order some tests to make sure your current treatment is appropriate in pregnancy. Sometimes the medication you are taking may need to be changed to one that is safer for the unborn baby.

The best and safest time to determine all of these things is before you conceive. Then you'll know that you are giving your new baby the best environment in which to grow and the best start in life.

If you need assistance in finding an OB/GYN in your area, please visit our Web site at hipusa.com® any time, day or night, and use the provider search feature. You may also call **1-800-HIP-TALK (1-800-447-8255)** Monday through Friday, from 8 am to 6 pm.

If you have questions about preconception counseling or if you are already pregnant, please call **1-800-447-0337** to join HIP's Mom-To-Be pregnancy program and speak with a maternity nurse case manager. HIP offers members personal health risk assessments, educational materials, 24/7 telephone access to a nurse and much more.

For more information about preconception planning, visit hipusa.com and click on My Health/Women's Wellness/Mother and Child/Preconception Planning.