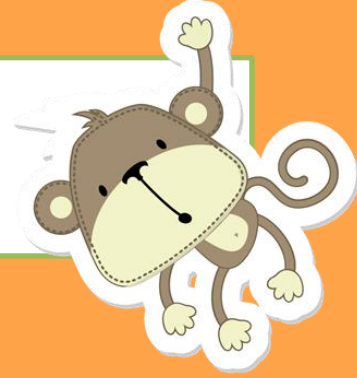




Welcome to the Maternity Wellness Workshop

Today's Topics



- Welcome
- Maternity Wellness
 - Overview
 - Dental Wellness
 - Vision Wellness
 - Financial Wellness
- Benefits & Resources
- Q & A
- Wrap Up



Welcome!

- The goal for today is to provide you with some information on practices, tools, and care to support your wellness for a healthy pregnancy.
- With the help of our partners here today, we will also provide a summary of the City's maternity benefits.
- We are not going to cover fertility or infant/child care.





Maternity Wellness Overview

Anthem 

Get ready!



A full term pregnancy lasts between 38 and 42 weeks; about 280 days



Your body changes



- Your body is introduced to hormones only produced during pregnancy. They can trigger changes or common signs of early pregnancy such as nausea and fatigue.
- As your pregnancy progresses, you may experience other discomforts such as shortness of breath and back pain.

Healthy practices can help with these changes.

Healthy Weight



Full Term Baby	7-8 lbs.
Amniotic Fluid	2 lbs.
Placenta	1-2 lbs.
Uterus	2 lbs.
Breast Tissue	2 lbs.
Maternal Blood Flow	8 lbs.
Fat/Nutrient Stores for Healthy baby and Breastfeeding	7 lbs.
Healthy Weight Gain	25 to 35 pounds for women at a normal pre pregnancy, weight with one baby

Healthy Weight

- Expect to gain about 1 pound per week during the 2nd and 3rd Trimesters
- Starting in the 2nd trimester, pregnant women need an extra 300 kcals per day.
 - 1 cup nonfat yogurt, ½ cup granola and an orange OR
 - 1 cup beans and ½ cup rice OR
 - 1 ½ oz almonds with 1 medium apple
- This is NOT eating for two!
- Make your extra 300 calories count by choosing healthy, whole foods.

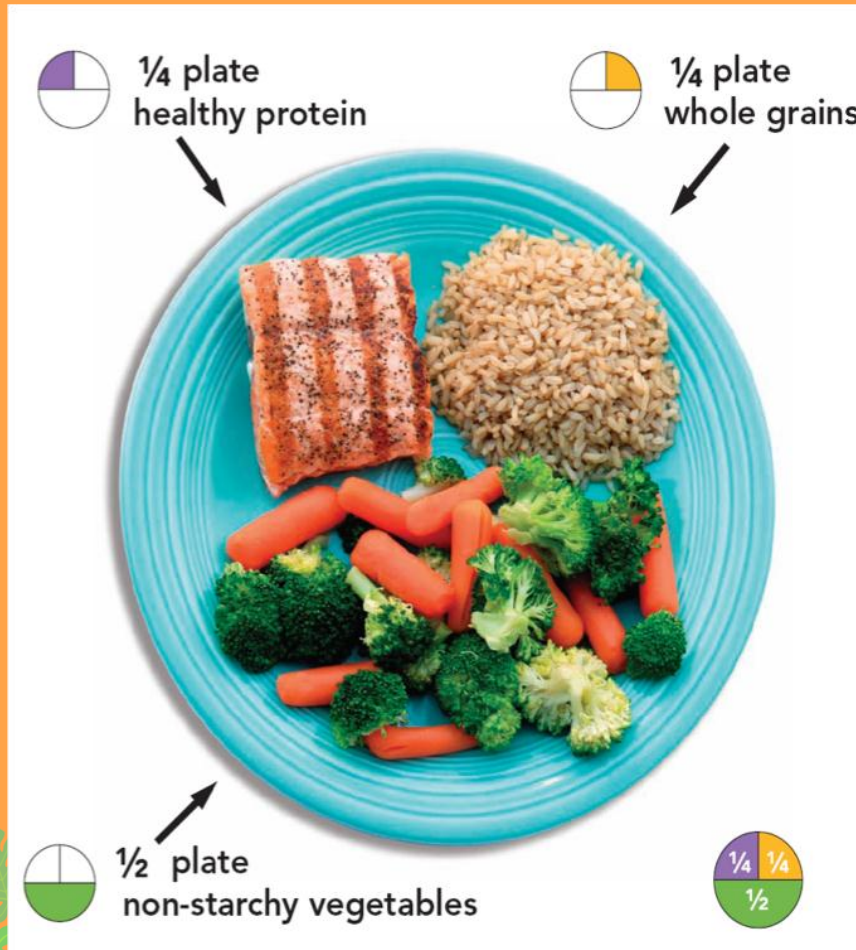


Recommended Daily Servings from Each Food Group



FOOD GROUP	DAILY SERVING (1 serving)
Milk and Dairy	3 or more (1 cup milk, 1 oz. cheese, 1 cup yogurt, 1 cup calcium fortified beverage)
Meat or Other Lean Protein	6 or more (3 oz. fish, poultry or meat, 1 egg, ½ cup beans or tofu)
Vegetables	4 or more (1 cup cooked, or ½ cup raw)
Fruit	3 or more (1 small piece)
Whole Grains, Bread, Pasta, Cereal, Rice or Starchy Vegetable	6 – 10 (1 slice bread, 1 small corn tortilla, 1/3 cup cooked rice or pasta)
Healthy Fats	5 – 7 (1 teaspoon oil, mayo or butter, or 1 tablespoon salad dressing)

Balance Your Plate

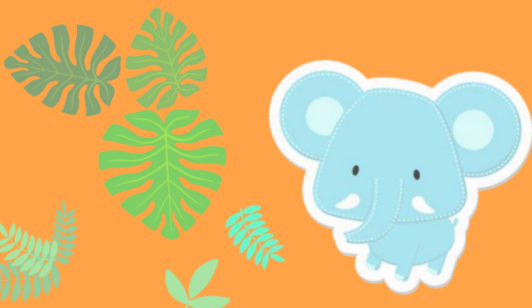


Eat well balanced meals and snacks. Include a variety of foods.



Foods to Avoid During Pregnancy

- Raw meat or raw fish
- Swordfish, shark, or mackerel
- Liver and other organ meats
- Unpasteurized foods
- Soft cheeses
- Deli meats
- Foods too high in sodium (salt)



Moderate Exercise is Good for Mom and Baby

- Walking, swimming, yoga and stationary cycling are good choices.
- Avoid laying flat on your back after the first trimester.
- Avoid over heating.
- Drink plenty of water before, during and after.
- Check with your HCP before starting a new exercise program.



Other Hazards to Avoid



⚠️ Avoid overheating during exercise

🔥 Do not use steam rooms, saunas or hot tubs

👤 Know your teratogens (substances that can cause birth defects)

🏠 Always consult with your HCP before taking any OTC or other medicines, herbs, or supplements

☢️ Avoid toxic cleaning materials

🐈 Avoid cleaning kitty litter box

🌿 Wear gloves when gardening

🏠 California Teratogen Information: **1-800-532-3749** or www.ctispregnancy.org/ctis

What Else Expectant Parents Can Do:



- Attend all scheduled OB visits
- Get all ordered labs and tests on time
- Ask your HCP about Warning Signs for when to call right away
- Create a Birth Plan
- Take Prenatal and Childbirth preparation classes
- Take an Infant Safety and CPR class
- Take a Breastfeeding Class



Maternity Wellness Vision Care



Maternity Wellness: Vision

- Pregnancy is a time of great joy and anticipation, but can also bring an increase in hormones that may cause temporary changes in your vision.
- Being pregnant doesn't mean you can't have your eyes checked. A comprehensive eye exam, including dilation, is safe while you are pregnant.



Eye & Vision Changes During Pregnancy

- Dry Eyes
- Puffy Eyelids
- Migraine Headaches
- Preeclampsia
- Gestational Diabetes

As you look forward to seeing your new baby, don't forget to look out for your eyes during pregnancy!



Eye & Vision Changes During Pregnancy

- **Migraine Headaches** - Migraine headaches linked to hormonal changes are very common among pregnant women. In some cases, painful migraine headaches make eyes feel more sensitive to light.
- **Blurry Vision** - Fluid retention, a common side effect of pregnancy, can change the thickness and shape of the cornea. Minor changes in its shape may result in blurry or distorted vision. Fortunately, these changes usually go away after pregnancy or after discontinuing breast feeding.

Eye & Vision Changes During Pregnancy

- **Dry Eyes** - Usually temporary and may be less noticeable following delivery. Over-the-counter lubricating or rewetting eye drops can lessen the discomfort of dry eyes and are perfectly safe to use while pregnant or nursing. If symptoms persist, further diagnostic tests and therapy may be needed.
- **Puffy Eyelids** - Puffiness around the eyes is another common side effect of certain hormonal changes women may have while pregnant. Puffy eyelids may interfere with peripheral vision.



Eye & Vision Changes During Pregnancy

- **Preeclampsia** – A potentially serious problem that occurs in 5% to 8% of pregnancies. Preeclampsia is marked by high blood pressure & the presence of protein in urine. Vision changes can include temporary vision loss, light sensitivity, blurry vision, auras & the appearance of flashing lights.
- **Gestational Diabetes** – High blood sugar levels associated with diabetes can damage the small blood vessels that supply the retina. The risk of damage goes up during pregnancy. A temporary form of diabetes that may occur during pregnancy, called gestational diabetes, can cause blurred vision.



Maternity Wellness Dental Care

 **DELTA DENTAL**[®]

Maternity Wellness: Dental

True or false?

Pregnant women shouldn't visit the dentist.



Maternity Wellness: Dental

False!

- If you're pregnant, you face a higher risk for gum disease.
- So make sure to visit your dentist for regular cleanings, exams and any other treatment needed. Skimping on dental care could affect your pregnancy, as well as your dental health.

How Pregnancy Affects Your Mouth

When you're pregnant, you're at higher risk for:

- Tooth decay
- Gum disease (also known as “pregnancy gingivitis”)*
- Oral growths called “pregnancy tumors”

*Gum disease during pregnancy can increase a woman's risk of miscarriage, premature birth and low birth weight.



5 Ways to Stay Healthy

- Brush twice a day with fluoride toothpaste and floss every day.
- Eat balanced meals full of vitamins C, D and phosphorous.
- Get a dental cleaning. It's especially important to keep your teeth and gums healthy during pregnancy. Let your dentist know how far along you are and if you have any medical conditions or a high-risk pregnancy.



5 Ways to Stay Healthy



- Avoid anesthesia. Anesthesia during the first trimester may be linked to early miscarriage. If you need any dental work that requires anesthesia, talk to your dentist about postponing the procedure until the second trimester of your pregnancy.
- Protect your teeth. Morning sickness* can wear down your teeth. Exposure to stomach acid dissolves tooth enamel, weakening your teeth's defense against decay.

*If you suffer from morning sickness, talk to your dentist about ways to reduce the harm, such as using a mouth guard or rinsing with baking soda.



**Maternity Wellness
Financial Planning**



Maternity Wellness: Financial

Pregnancy is the leading cause of Short Term Disability (STD) claims and the third most common reason for Long Term Disability (LTD) claims.





Pregnancy and Insurance

Disability benefits can help support your finance wellness and plan maternity leave. So it's important to understand your options.

- City benefits pay 50% STD and LTD benefit for members.
- City Benefit Members may buy-up to a 66^{2/3}% and a longer maximum LTD period.
- Enroll when newly eligible to have access to higher income replacement when needed.

*This is a brief description of the group insurance sponsored by City of Los Angeles. The controlling provisions will be in the group policy issued by The Standard. A group certificate of insurance that describes the terms and conditions of the group policy is available for those who become insured.



Pregnancy and Insurance

Life insurance protects against the adverse financial impact of an unexpected loss.

- The City pays a base benefit.
- Members may purchase insurance for themselves and dependents.



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Pregnancy and Insurance



A family status change like having a baby is the time to:

- Review your insurance benefits.
- Ensure that coverage meets your family's changing needs.
- Update beneficiary information.



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Maternity Wellness Benefits & Resources



Maternity Wellness Q&A



Maternity Wellness Wrap Up