

# When to call your doctor

It's important to talk with your doctor throughout your pregnancy. Make sure to ask when you should call and what you should do if you notice the following:

- Dizziness
- Changes in vision
- Fever or chills
- Painful urination
- Sharp stomach pain
- Excessive vomiting or nausea
- Unusual bleeding or discharge
- Less movement from the baby than usual
- A very bad headache that doesn't go away
- Sudden swelling of the hands, fingers or face
- Thoughts about harming yourself or the baby



## Questions about your developing baby, parenting or general health questions.

Contact your Maternity Support Nurse Team at **1-877-201-5328**. For all other health-related questions, remember your UnitedHealthcare advocate team is always there to support you. Your advocate team can be reached at **1-844-210-5428** 8 a.m. to 11 p.m. Monday through Friday.



## Welcome to the Maternity Support Program

# A gift for you and your baby

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** The information provided through this service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time.

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When baby's on the way, you turn to those you trust — your doctor, a close family member or friend. Now, you have one more trusted partner in your circle — an experienced maternity nurse.

### Here's how it works:

Throughout your pregnancy, you'll talk with your nurse who's there to:

- Listen and lend support
- Answer your questions
- Help you get ready for your next prenatal appointment
- Research and provide evidence-based information
- Help you decide if breastfeeding is right for you and assist with breast pump resources

### Need to talk more often? Just call.

Maternity Support also provides information and resources before, during and after pregnancy. With access to content and online video courses at [myuhc.com/maternity](https://myuhc.com/maternity), you'll learn steps that may help lead to a healthier pregnancy and birth — all at no additional cost as part of your health plan benefits.

### Questions to ask your doctor

Whether you're already a mom or a new mom-to-be, you're bound to have a lot of questions. Here are 10 things you might want to ask your doctor.

1. What is preeclampsia?
2. What if I have morning sickness?
3. Can I exercise during pregnancy?
4. When will I hear my baby's heartbeat?
5. Is it safe to eat sushi during pregnancy?
6. Is it safe to color my hair during pregnancy?
7. When will I find out if my baby is a boy or a girl?
8. What are my options for pain relief during labor?
9. Which prenatal tests do you recommend for me?
10. What can I expect during my prenatal visits?

### Did you know?

Your dental plan offers 2 additional cleanings (4 total cleanings annually) while you are pregnant. To use this benefit, have your dentist submit written confirmation of your pregnancy with your claim.

