

HMA

Maternity

What To Know



Motherhood is an exciting time! During pregnancy, here's what you need to know to keep you and your baby healthy.

Keep Your Doctor Updated

Make sure to schedule regular appointments with your doctor throughout your pregnancy. These visits are important for checking on your health and your baby's development.

Your doctor will give you important information and support during your visit, so don't miss your appointments!

Stay on track with your appointments for a happy, healthy pregnancy.

Staying Healthy During Your Pregnancy

Keep your appointments with your doctor during and after pregnancy.

Talk to your doctor about how to stay healthy.

Ask questions about the best place to deliver your baby. Delivering your baby is always safest under the care of trained healthcare professionals.

You should also talk to your doctor if you think you are experiencing depression or other mental health symptoms during or after pregnancy.

Preventive Measures

Speak with your doctor about any vitamins or vaccines that may help protect you and your developing baby like:

□ Influenza vaccine (Avoid the influenza nasal spray vaccine)

□ Tdap (Pertussis) vaccine (Given between 27 and 36 weeks)

□ Speak with your doctor about RSV and COVID vaccines

Always call your doctor if you have any concerns about your pregnancy, if you get sick, or are experiencing any mental health concerns.

This content is CDC general informational and is not intended to be substituted for advice given by a physician or licensed healthcare professional.

Visit accesshma.com to log in to your HMA account or if you have any questions, contact your Customer Care Team using the number on the back of your Member ID card. You can also visit accesshma.com and log in to your HMA account to learn about your health plan benefits.

Content sourced from the Center for Disease Control and Prevention (CDC) Pregnancy <https://www.cdc.gov/pregnancy/index.html>