



## Congratulations — You are in the third trimester of your pregnancy!

Rocky Mountain Health Plans is very interested in your health and the health of your baby. Many of you have sent in your prenatal screening forms and received your Target card. If you have not received a screening, please call your pregnancy case managers:

**Janice Ferguson, RNC:** 970-244-7890 or  
800-843-0719, ext. 7890

**Heather Stephens, RN:** 970-244-7804 or  
800-843-0719, ext. 7804

*If your doctor or midwife has told you that you now have a high-risk pregnancy, please notify the case managers for support and help to manage your pregnancy.*

### Preterm Labor

Preterm labor is very serious and may result in preterm birth. Early babies may have trouble with breathing, eating and keeping warm. If you have any of the following symptoms, call your physician or nurse midwife:

- Menstrual-like cramps
- Low dull backache
- Pelvic pressure
- Abdominal cramping
- Increase or change in mucous or vaginal discharge
- Uterine contraction every 10 minutes or more often (may be painless).

### Dealing with Depression

If you're feeling down and not able to cope with daily life activities, call your doctor or nurse midwife about strategies for coping with your feelings and taking care of yourself.



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### Pregnancy-induced Hypertension

If you have any of these symptoms of high blood pressure during pregnancy, call your provider.

- Swelling
- Blurred vision or spots before your eyes
- Sudden swelling in your hands or feet
- Dizziness
- Upper abdominal pain

If you have pregnancy-induced hypertension (PIH), you may be placed on bedrest. The Rocky Mountain Health Plans pregnancy case manager offers information, support, and counseling to help you.

### Gestational Diabetes

As part of your prenatal care, you will take an oral glucose tolerance test. If you are diagnosed with gestational diabetes, it is important to follow the diet, exercise, and medication recommended by your provider.

## Quit Smoking

If you haven't quit smoking, you need to quit now—for the sake of your baby's health, as well as your own. Give your unborn child the healthiest chances possible, and protect your baby from the dangers of second-hand smoke after it's born. For help with quitting, call the Colorado Quit line number:

800-784-8669 or for one-to-one counseling, call Heather Stephens, RN, at RMHP 800-843-0719, ext. 7804.

## Weight

Have you gained the right amount of weight? The general guideline is to gain 25–35 pounds during your pregnancy. For more information on appropriate weight gain, talk with your doctor or nurse midwife. You can access other resources through this great website: [www.healthy-baby.org](http://www.healthy-baby.org).

## Baby Preparation

- Choose a doctor for your baby.
- Buy your baby's car seat and practice installing it.
- Pack your bag for your hospital stay.
- Decide if you are going to breastfeed or bottle-feed your baby.
- Baby-proof your house. (See [www.safekids.org](http://www.safekids.org))
- Consider taking childbirth education classes or sibling classes if you have other children. (Contact your local hospital for class dates and times.)
- Start gathering baby items, including a baby book.
- Enjoy your last months of pregnancy!

## Healthy Reminders

- Always wear your seatbelt to protect yourself and your baby.
- Do occasional kick counts and call your care provider if you do not feel 10 baby movements in 12 hours.
- Drink plenty of water.
- Get extra rest — your body is working hard.
- As your belly gets bigger, you may lose your balance — so be careful!
- If your blood type is RH negative, you will need to get your Rhogam shot at 28 weeks.
- If you are pregnant during flu season, get your flu shot to avoid complications related to the flu.

## Postpartum Depression

Postpartum depression is common. If you feel that you are not emotionally functioning normally, see your physician or nurse midwife right away. Postpartum depression is a medical illness that can be treated.

## After the Baby

Your postpartum visit is an important part of your total well-pregnancy care, so make your appointment with your delivering provider when you are discharged from the hospital. You will receive a call or letter from RMHP to encourage you to get your postpartum visit and start immunizations at two months for your infant.



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