



Taking care of yourself before pregnancy

Tips to help you plan your future

Right now, planning for a child might be the last thing on your mind. But it's important to think about it – and keep yourself healthy. That way, if you want kids later or if the unplanned happens, you'll feel more prepared.

Keep track of your health

It's always a good idea to be physically active, eat well, maintain a healthy weight, and avoid use of drugs or alcohol – especially if you are planning to get pregnant. Before getting pregnant, it's also important to take care of any health problems and prevent future health concerns. Be sure to see your primary care provider (PCP) regularly (at least once a year) to help make sure you are healthy and any chronic conditions are managed. Your PCP can set up any screenings, if needed, for heart disease, blood pressure and diabetes. These visits are also a great time to talk about birth control and family planning.

Continued →

You have support

Getting the right medical advice and care before, during and after pregnancy can help prevent any serious pregnancy-related problems that may happen.

When you're ready to learn more or thinking about getting pregnant, talk to your PCP or OB-GYN. If you want more than 1 child, your PCP can also help you figure out the right spacing between your kids.

Birth control options

Using effective birth control can greatly lower your chances of an unplanned pregnancy. Options include pills, shots, diaphragms, condoms and more.* If you don't care for pills or don't want to worry about using birth control wrong, a long-acting reversible contraceptive (LARC) may be right for you.* LARC methods are very effective and include:

Intrauterine contraceptives (IUCs) – A small, T-shaped device that is put into your uterus.

- Lasts up to 7 years and is 99.9% effective in preventing pregnancy
- Example: Mirena®

Implants – A thin, matchstick-sized plastic rod inserted under the skin of your upper arm.

- Lasts up to 5 years and is 99% effective in preventing pregnancy
- No maintenance and can be removed at any time
- Example: Nexplanon®

We're here to help

For help finding a provider or scheduling an appointment, chat with Member Services through the **UnitedHealthcare® app** or **myuhc.com/communityplan**. Scan the code to get started or call toll-free 1-888-716-8787, TTY 711 8 a.m.-7 p.m., Monday-Friday.



Healthy First Steps®

UnitedHealthcare Community Plan members get this program at no cost. It can connect you to special help and resources. You can even earn rewards for going to your prenatal and postpartum visits.

Learn more at myuhc.com/communityplan/maternity

UnitedHealthcare Community Plan of Florida is a Managed Care Plan with a Florida Medicaid contract. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the Managed Care Plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, premium and/or co-payments coinsurance may change.

**United
Healthcare®**
Community Plan

UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

This information is available for free in other languages, such as letters in other languages, large print, or you can ask for an interpreter. Please contact our customer service number at 1-888-716-8787, TTY/TTD 711, 8 a.m.-7 p.m., Monday-Friday.

Spanish

Esta información está disponible de forma gratuita en otros idiomas como cartas en otros idiomas, letra grande, o puede pedir un intérprete. Por ejemplo, letras en otros idiomas o letra grande. También puede solicitar un intérprete. Por favor, póngase en contacto con nuestro número de servicio al cliente en 1-888-716-8787, TTY/TTD 711, de 8 a. m. a 7 p. m. de lunes a viernes.

Haitian Creole

Enfòmasyon sa a ki disponib pou gratis nan lòt lang tankou lèt nan lòt lang, gwo lèt, oswa ou ka mande yon entèprèt. Tankou, lèt nan lòt lang oswa gwo lèt. Oswa, ou ka mande yon entèprè. Souple kontakte nimewo sèvis Kliyantèl nou nan 1-888-716-8787, 711 TTY/TTD, 8 a.m. rive 7 p.m., Lendi rive Vandredi.

*Birth control pills, shots, diaphragms and LARCs do not protect against sexually transmitted infections. In order to protect yourself against sexually transmitted infections, also use a condom during intercourse.