



HEALTHY@HARRIS
Caring for ourselves so we can care for others

Healthy Living: Pregnancy & Beyond Class 1: Preparing for Pregnancy

Taught by the Harris Health Employee
Wellness Team

HARRISHEALTH SYSTEM

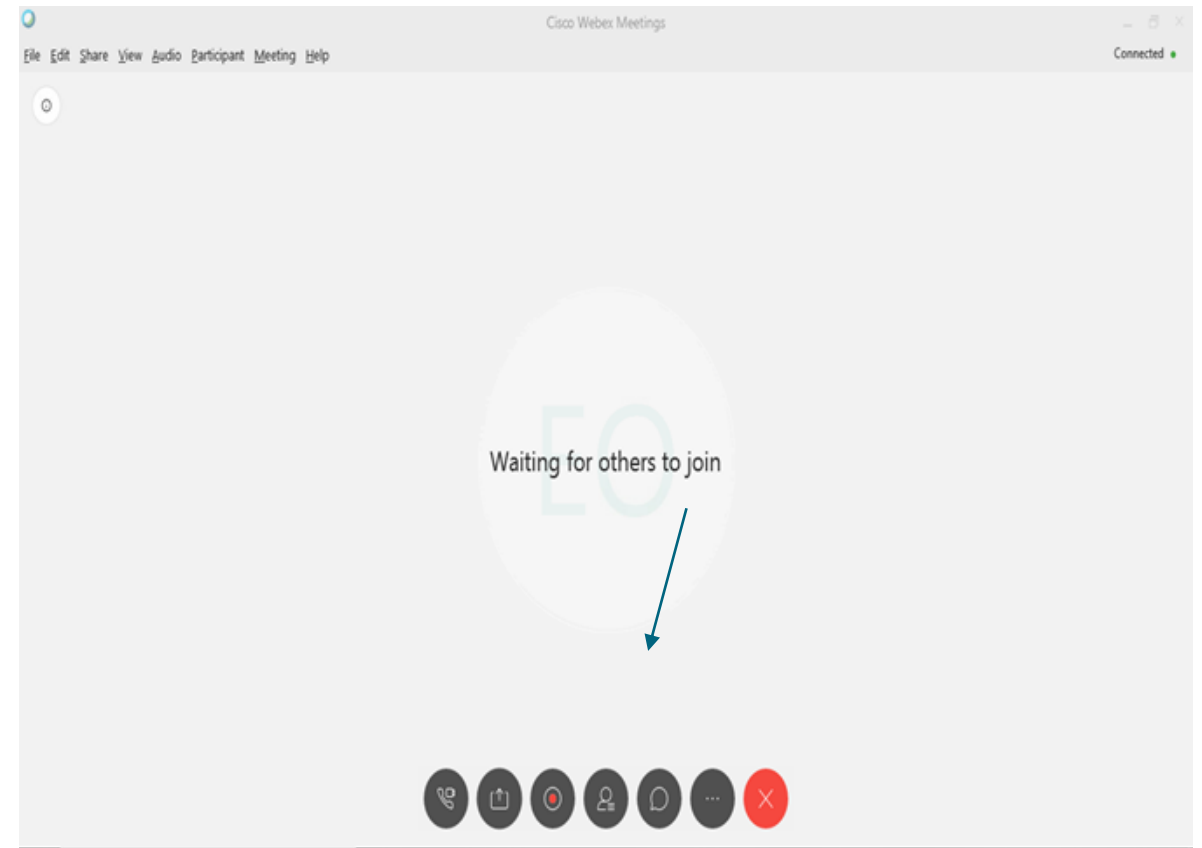
Healthy Living: Pregnancy & Beyond Class Series

- Class 1 – Preparing for Pregnancy
- Class 2 – Healthy Eating, Exercise & Stress Management
- Class 3 – Labor, Birth & Caring for Your Baby
- Class 4 – Working Moms

Announcements & Reminders

Questions – Type questions, thoughts, examples, in the chat box, the more interaction the better

Premium Points - You can only receive credit for one Wellness Class and one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for classes/workshops you have already completed.



Class Outline: Preparing for Pregnancy

1. Definition and Importance of Preconception Health
2. Preparing for Pregnancy
3. Challenges
4. Quiz
5. Resources

What do you hope to gain from this class series?

What is preconception health and why is it so important?



Preparing for Pregnancy

- **Get an Annual Physical** - An evaluations of your weight, cholesterol and blood pressure levels, heart rate and other biometrics
- Ask questions about health concerns or changes to your health!
- Complete an annual physical and receive 250 Premium Points
- Receive an additional 100 Premium Points for every biometric that is within healthy range

Preparing for Pregnancy

- **Get an annual Well Woman Exam** - includes everything in a physical plus a breast exam, a pap test and/or HPV (human papillomavirus) test
- Ask questions about health concerns or changes to your health!
- Complete an annual well woman exam and receive 100 Premium Points

Preparing for Pregnancy

- **Get a Well Male Exam** - includes a physical as well as a testicular exam to check for testicular cancer
- Ask questions about health concerns or changes to your health!
- Complete an annual prostate exam and receive 100 Premium Points

Steps to a Healthier me and baby-to-be!



You have thought about your goals for school, for your job or career and for your health. You have also thought about how having children fits in with those goals, and you have decided that you want to become pregnant. Your health before pregnancy is very important and can affect the health of your future baby. By making a plan before getting pregnant and taking the time to get healthy, you can take the steps to a healthier you and baby-to-be. This is a tool to help you do that. Start by choosing your goals for this year. It is easier to focus on 2–3 goals. Then use the checklist below to set your plan into motion.



Date plan made or revised: _____

My top 3 goals for this year are

1. _____
2. _____
3. _____

Check with your health insurance plan to find out if you are eligible for preventive health services, such as screening, vaccinations, contraception (birth control) and counseling, with no co-payment or deductible. To learn more, talk with your health insurance provider. If you don't have insurance, you may be eligible for services through Title V (<https://mchb.hrsa.gov/maternal-child-health-initiatives>).

1. Plan pregnancies.

- Decide which goals to meet before having children—school, work, financial.**

- Use contraception (birth control) correctly and at all times until we are ready to get pregnant.**
 I use _____
 I will talk with my doctor (or nurse practitioner, nurse midwife, physician assistant) if I have new health issues or am taking medicines that might affect my method of contraception.
 I will talk with my doctor about when and how to stop using my contraception.
- Make sure I have my chosen method of contraception.**
 IUD or implant.
 Depo-Provera (contraceptive shot).
 Birth control pills, patch, or ring.
 Condoms.
 Spermicidal gel, cream, foam, suppository, or sponge.
 Diaphragm or cervical cap: Make sure it fits properly, there are no holes, and I use it every time.
 Remove, replace, update, refill, or get more by _____
- Think about my goals for children.**
 I want to have _____ child or children.
 I want to get pregnant when I am _____ years old.

- I want to have children _____ years apart. (At least 18 months apart is recommended.)
- I want to finish having children when I am _____ years old.
- Make a regular appointment with my doctor.**
 My next appointment is _____
 I will talk with my doctor about the prescribed and over-the-counter drugs I am taking and which ones I need to stop or change.

- Reminder! Take this with me to the appointment.**

2. Eat healthy foods.

- Planning meals and snacks ahead of time and having the food on hand make it less likely that I will make unhealthy choices.
- Make a list before I go to the grocery store, farm stand or market, or neighborhood garden.**
 - Include plenty of vegetables and fruits. (Eat my colors!)**
 - Shop the outside edge of the store where the healthiest food is sold.**

3. Be active.

- Exercise is easier with a friend. Fitting in several 10-minute activity sessions throughout the day can help me reach my activity goal.
- Try to get 150 minutes of moderate intensity physical activity each week.**
 At _____
 (times — after lunch, after work, etc.)
 By _____
 (walking, going to the gym, etc.)

Challenges



- Young Age
- Self-Care
- Cost of Care
 - Low/High Deductible
 - Kelsey Care
 - Value Local Plus
 - Consumer Driven Health Plan
- Support
 - Healthy Pregnancies, Healthy Babies™ Program

Cigna Healthy Pregnancies, Health Babies™ Program

- A telephonic coaching program that involves speaking with a Cigna maternity nurse once a month throughout your pregnancy, and concludes with one post-delivery call
- Only employees on the Harris Health medical plan and their covered spouses are eligible to participate in this program
- Participants who enroll in their 1st trimester are eligible to receive 400 Premium Points
- Participants who enroll in their 2nd trimester are eligible to receive 200 Premium Points

Quiz

Resources

- **Health Coaching**
Telephonic: 855-246-1873
Onsite: Contact Latecia Murphy
Office: 713-873-6407
Email: Latecia.Murphy@harrishealth.org
- **Leave of Absence**
If FMLA Eligible: Contact Benefits at 1-877-462-3652
If not FMLA eligible or unsure: Contact Employee Services at 713-566-6991
- **Cigna Short Term Disability**
Call 1-800-362-4462 (English) or 1-866-562-8421 (Spanish)
- **Kelsey-Seybold.com/Baby**
- **Kelsey-Seybold.com/MyPregnancy**
- **Cigna Healthy Pregnancies, Healthy Babies™ Program**
Call 1-800-615-2906 to enroll
- **Lactation Rooms**
Contact Employee Wellness by phone at 346-426-1597 or by email at employeewellness@harrishealth.org for room locations and access code.
- **Public Resources**
If you know someone who does not have health insurance, there are a few federal and non-profit programs and organizations that offer family planning and preventative care for little to no cost.
- **March Of Dimes**

Contact Us!

HEALTHY@HARRIS

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346-426-1597

employeehealth@harrishealth.org

[Visit our website!](http://employeehealth.harrishealth.org)



#1 in Texas



#6 in America

