



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

Healthy Living: Pregnancy & Beyond Class 2: Healthy Eating, Exercise & Stress Management

Taught by the Harris Health Employee
Wellness Team

HARRISHEALTH SYSTEM

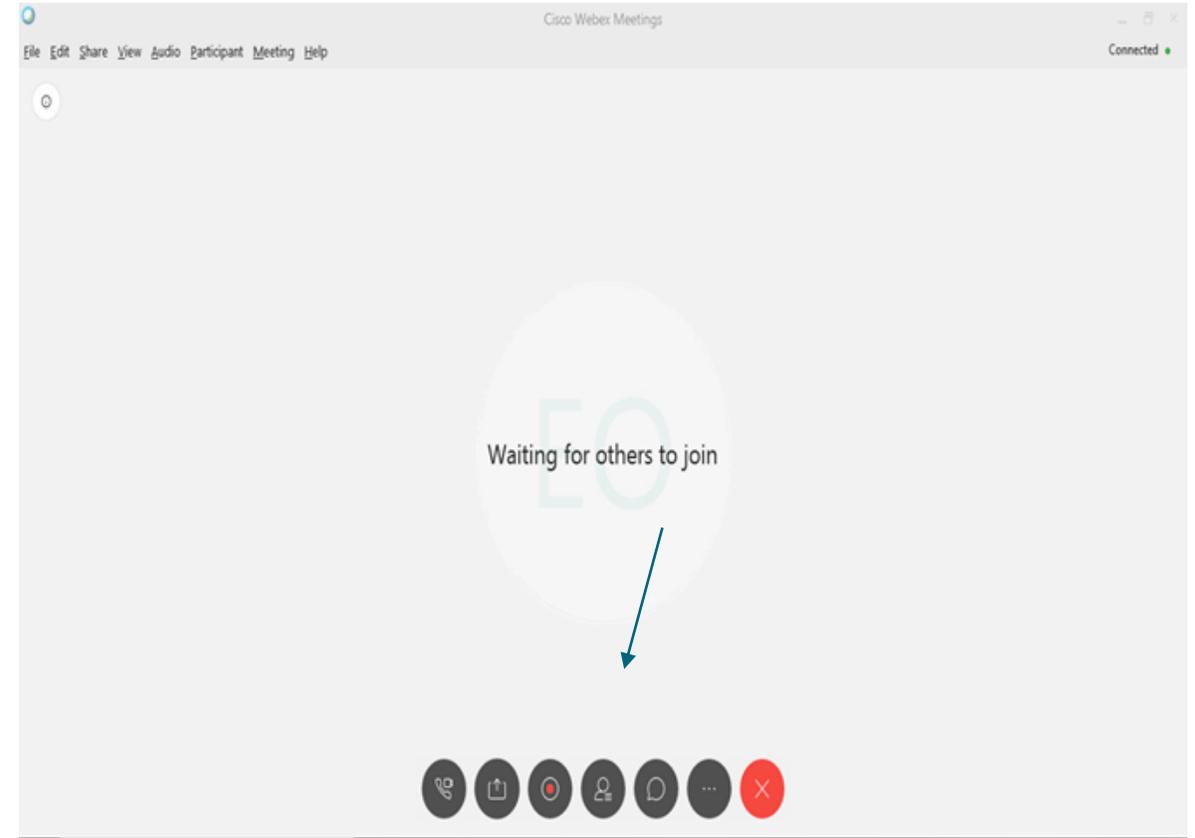
Healthy Living: Pregnancy & Beyond Class Series

- 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: Healthy Eating, Exercise and Stress Management

- Class 1 Review
- Practicing Wellness
 - Healthy Eating
 - Exercise
 - Stress Management
- Pregnancy Challenges
- Takeaways
- Resources

Review of Class 1: Preconception Health



Practicing Wellness – Healthy Eating

- Say NO to caffeine, alcohol and foods with high fat, sugars and salts
- Eat plenty of vegetables, fruits, whole grains and fat-free or low fat dairy products and proteins
- Take 400 mcg of folic acid daily
- Ask your doctor how many calories you should be consuming daily

Practicing Wellness: Exercising

- Exercises for Pregnant Women
- Benefits of Exercising during Pregnancy
- **If you experience even one of these symptoms while exercising, stop and call your medical provider immediately:**
 - Bleeding from the vagina
 - Feeling dizzy or faint
 - Shortness of breath before exercising
 - Chest pain
 - Headache
 - Muscle weakness
 - Calf pain or swelling
 - Regular contractions of the uterus
 - Fluid gushing or leaking from the vagina

Practicing Wellness: Stress Management

- Practice mindfulness
- Pray or meditate
- Engage in relaxing activities



Pregnancy Challenges

Chronic Conditions, Prescription Medications & Pregnancy

Pregnancy Challenges

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MARCH OF DIMES

SIGNS AND SYMPTOMS OF PREECLAMPSIA INCLUDE:

The infographic features a white silhouette of a pregnant woman on a purple background. Eight red dashed circles are placed on the silhouette, with lines pointing to text boxes describing symptoms: a headache that doesn't go away (top left), changes in vision like blurriness, flashing lights, or sensitivity to light (top right), pain in the upper right belly area or shoulder (middle left), trouble breathing (middle right), nausea (feeling sick to the stomach, vomiting, or dizziness) (lower middle right), sudden weight gain of 2 to 5 pounds in a week (bottom right), and swelling in the legs, hands, or face (bottom left).

Headache that doesn't go away

Changes in vision, like blurriness, flashing lights, seeing spots or being sensitive to light

Pain in the upper right belly area or in the shoulder

Trouble breathing

Nausea (feeling sick to your stomach), vomiting or dizziness

Swelling in the legs, hands or face

Sudden weight gain (2 to 5 pounds in a week)

Contact your health care provider if you are experiencing any of these symptoms or believe you have preeclampsia. Visit <https://www.marchofdimas.org/preeclampsia> for more information. May 2020

• Signs of the "HELLP" syndrome:

- **H**emolysis (damaged red blood cells)
- **E**levated **L**iver enzymes (indicating ongoing liver cell damage)
- **L**ow **P**latelets (cells that help the blood to clot)

*****If you experience any of these symptoms, call your medical provider immediately.*****

Well-Being



Being a healthy woman isn't about getting on a scale or measuring your waistline. We need to start focusing on what matters-on how we feel, and how we feel about ourselves.

— Michelle Obama —

AZ QUOTES

Takeaways

1. What is one thing you learned that you didn't know before?
2. Is there any thing you've done previously that you want to do differently for a current/future pregnancy?
3. What do you want to learn more about?

Resources

- **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.
- **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**
- **EAP**
Company Code: hhs
Phone: 1-800-638-3327
Website: www.feieap.com
- **Prenatal Exercises:**
 - YouTube
 - FitBit
- **Nutrition and Sleep Resources:**
 - Whattoexpect.com
 - ACOG.com
- **Health Coaching**
Telephonic: 855-246-1873
Onsite: Contact Latecia Murphy
Office: 713-873-6407
Email: Latecia.Murphy@harrishealth.org
- **Healthy@Harris Employee Wellness Program**
Phone: 346-426-1597
Email: employeewellness@harrishealth.org
[Visit our internet site!](#)

Contact Us!

HEALTHY@HARRIS

Caring for ourselves so we can care for others

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employee wellness@harrishealth.org

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#1 in Texas



#6 in America

