



## A HEALTHY START STARTS RIGHT NOW

### **Your Baby's Health Depends on You**

The March of Dimes recommends you see your health care provider early and often while you're pregnant. Most women have healthy pregnancies. But if you do have a problem, regular prenatal care can make a big difference in your and your child's health.

- Set up your first prenatal visit as soon as you think you're pregnant.
- Don't skip visits – even if you're feeling great.

Talk to your provider about help to quit smoking, alcohol or drugs.

**Spanish: Español** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al BlueCare 1-800-468-9698. Llame al TennCareSelect 1-800-263-5479 (TTY: 711: 888-418-0008).

**Kurdish:** کوردی ئاگاداری: ئه گهر به زمانی کوردی قهسه ده کهیت، خزمهتگوزاریهکانی یارمهتی زمان، به خورایی، بو تو بهردهسته. په یوهندی به بکه  
(TTY: 711: 888-418-0008), TennCareSelect 1-800-263-5479, BlueCare 1-800-468-9698



**Do you need help with your health care, talking with us, or reading what we send you? Call us for free at: BlueCare 1-800-468-9698 or TennCareSelect 1-800-263-5479 (TTY: 711 and ask for 888-418-0008).**

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call BlueCare 1-800-468-9698, TennCareSelect 1-800-263-5479 or TennCare 1-855-857-1673 (TRS 711) for free.

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