



healthy mom

Congratulations on Your Growing Family!

We know you're busier than ever caring for your new baby. But remember you have special health needs after giving birth, too.

It's just as important to take care of yourself now as it was when you were pregnant. We're here with some tips to keep you and your baby healthy.



JUST GIVE US A CALL

BlueCare 1-800-468-9698
TennCareSelect 1-800-263-5479
CoverKids 1-888-325-8386
TRS: Dial 711, ask for 888-418-0008

Monday–Friday
8 a.m. to 6 p.m. ET

bluecare.bcbst.com



Taking Care of You

Your body went through a lot of stress and changes during your pregnancy. It'll take some time for you to fully recover. The American College of Obstetricians and Gynecologists recommends you talk with your OB-GYN within three weeks of giving birth. You should have a full postpartum checkup within 12 weeks. Two visits after you have your baby will let you and your doctor address any problems early. And based on your health, your doctor may want to see you more often.

Your doctor will make sure you're healing well after giving birth. And you can talk about any physical or mental issues you're having. Soreness and bleeding for up to four to six weeks is normal. But if you're having any of these symptoms, call your doctor right away:

- › Fever or chills
- › Heavy, bright red bleeding
- › Dizziness
- › Shortness of breath or chest pain
- › Very bad headache
- › Swelling in your legs or feet
- › Deep sadness or feelings of hopelessness

It's important to see your primary care provider (PCP) as well as your OB-GYN. Your PCP can help you manage any chronic conditions and connect you with any specialists you need. Getting regular postpartum care from your doctors can help lower your chance of postpartum health issues. Your PCP can tell you about any care you need, including vaccines.

The CDC recommends everyone over age 6 months get a COVID-19 vaccine. They recommend it for people who are pregnant or breastfeeding, too. People who were recently pregnant have a higher risk of getting very sick from COVID-19. The COVID-19 vaccine can help keep you and your baby safe from getting very sick.









Things to Keep in Mind

Recovery takes time

You'll likely be sore and tired after giving birth. Getting enough rest is an important part of recovery. Try to sleep whenever you can, like when your baby sleeps. Healthy foods will help you recover, too. Focus on lots of fruits and veggies, lean protein and whole grains. And make sure you're drinking enough water. When you and your doctor decide you're ready, gentle movement can also help. Walking is a great place to start.

You may have some unexpected feelings

Having a baby is a major life event. You might feel sad for a week or two after giving birth. Dealing with the "baby blues" is completely normal. But if your feelings get in the way of everyday life or you feel deep sadness or hopelessness, talk with your doctor. They can help treat postpartum depression and anxiety.

If you're turning to drugs or alcohol because of your emotions, you can get help. Talk with a friend or family member, or call your doctor. You can also give your care team a call. Or if you've been using our **CareTN app**, you can message your care manager any time. We're here to help.

Emotions in your home might be high. Finding a routine with a new baby can be an emotional time. But high emotions leading to violence isn't normal. If you aren't feeling safe at home, you can get help. Talk with your doctor, if you're comfortable doing so. Or you can call the **Domestic Violence Hotline** anytime at **1-800-356-6767**. They can help you with referrals, safety planning or someone to talk to.



Breastfeeding may not come naturally

It often takes time and practice for your baby to breastfeed well. You may have issues like:

- › Nipple soreness
- › Swollen and tender breasts
- › Too much milk
- › Plugged ducts
- › Yeast infection

Your doctor or a lactation consultant can help you work through any problems you're having. And if you want it, you can get a free electric breast pump. You'll need a prescription from your doctor to get started.

You can order your pump online.

Visit breastpumpsmedline.com or aeroflowbreastpumps.com and choose a pump. Then complete the order form and upload your prescription. If you have questions, give us a call. We can help walk you through it.

If you were taking any medications before you were pregnant, your PCP can tell you when it's safe to start taking them again. You can also call the **Infant Risk Center** at **1-800-352-2519** with questions. They're available from 8 a.m. to 5 p.m. CT, Monday through Friday. Or, download the **Mommy Meds for Moms app**. It has info on breastfeeding safety for more than 1,500 drugs.



Ask for help

It's OK to ask for whatever help you need. And if someone offers to help, let them. You can ask family and friends for help. You can even find postpartum mom groups where you can talk with other moms online or in your community.

Taking care of your teeth is important, too

Regular dental care is an important part of your overall health. Hormonal changes caused by pregnancy can also lead to many oral health conditions. So it's extra important to take care of your teeth and mouth right now. Your benefits cover most dental care at no cost to you. If you need help finding a dentist, call **DentaQuest** at **1-855-418-1622**.



WE'RE HERE TO HELP

If you have questions about your health plan or want some extra help from your care team, just give us a call.

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Sources:

www.cuimc.columbia.edu/news/mothers-guide-fourth-trimester

www.womenshealth.gov/breastfeeding/breastfeeding-challenges/common-breastfeeding-challenges

www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html



Do you need help with your health care, talking with us, or reading what we send you? If so, call us for free at:

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TennCare*Select* **1-800-263-5479**, or
CoverKids **1-888-325-8386**
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