

GEHA'S 2023 Maternity Webinar Series

You're pregnant! What to know in your first trimester.

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Webinar tips

- You will find a PDF of the slides in the Resources list
- The webinar audio will be played through your computer. No need to mute your device.
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Agenda

- Introducing GEHA's Maternity and NICU Case Managers
- You're pregnant! Congratulations!
- Your first prenatal care appointment
- Embryonic development
- Managing physical discomforts
- Nutrition, weight gain, exercise and oral health
- Important considerations in your first trimester
- GEHA maternity support



GEHA's Maternity Team



Angela | Maternity RN

Angela has a robust background and experience, specializing in Obstetrics Nursing. Along with knowledge in high-risk pregnancy complications she is also an International Board-Certified Lactation Consultant. It is her passion to advocate, educate and empower expecting mothers during their pregnancy, delivery, postpartum and breastfeeding experience.



Satina | Maternity RN

Satina is a U.S. veteran. As a nurse, she has served in multiple care settings such as Cardiology, Pediatrics, Quality Improvement and Maternity. Her diverse clinical knowledge combined with her military experience allows for her to care for the member as a whole person. Satina's passion is to educate and empower members, while encouraging them to advocate for themselves throughout their pregnancy journey.

GEHA's NICU Team



Loree | NICU RN

Loree has nearly two decades of extensive experience caring for babies in a Neonatal Intensive Care Unit. Her expertise and passion for educating families will help serve GEHA members and their new additions.



Regina | NICU RN

Regina has served the patients and families of the Maternity and NICU community at the bedside for nearly 20 years. She is excited to share her knowledge and provide resources to the GEHA families of this special population. Regina's goal is to help members feel empowered and better equipped to navigate their parenting journey.



You're pregnant! Congratulations!



Next steps

- Start taking a prenatal vitamin
- Locate an in-network provider
 - Variety of providers
- Schedule your first prenatal care appointment
 - Earn rewards



Next steps (continued)

- Be mindful of sleeping and eating habits
 - Water intake
 - Stopping alcohol and other drug use
 - Caffeine
- Stress levels
- Support



Your first prenatal care appointment

- Be prepared to give health history
- General assessment
- Blood tests
- Urine tests
- Pelvic exam



Your first prenatal care appointment (continued)

- Ultrasound
- Prenatal screening tests
- Prenatal diagnostic tests
- Vaccines
 - Flu shot
 - COVID-19 vaccine





Embryonic development

Week	What is happening
1	Egg and sperm unite to form a single-cell zygote. The zygote is fertilized and divides into two cells, which continue to divide.
2	A cluster of rapidly dividing cells, called a blastocyst, enters the uterus and implants in the uterine lining.
3	Your body's increased levels of estrogen and progesterone stop your period and trigger growth of the placenta.
4	Some blastocyst cells develop into the embryo, while others develop into the placenta, the baby's life support system.
5	The neural tube, heart and lungs are developing. The baby looks like a curled tube and is about a quarter of an inch long.
6	The baby's heartbeat can be heard via ultrasound exam. Nose, mouth, ears, and webbed fingers and toes begin to form.



Embryonic development (continued)

Week	What is happening
7	Bones are forming, but have not yet hardened. Genitals and eyelids begin to develop.
8	The baby is about half an inch long. This week marks the end of embryonic development. After this, the baby is a fetus.
9	Intestines and tooth buds begin to form. The backbone is soft and can flex.
10	Fingers and toes continue to grow and start to develop nails.
11	Bones start to harden and muscles develop. The baby's skin is still thin.
12	The baby is about two inches long and can move on their own, but you will not be able to feel it yet.
13	Organs are fully formed. Hormones are being made. Ultrasound exams may show the baby making breath-like motions, swallowing amniotic fluid.

Managing physical discomforts

- Morning sickness
- Fatigue
- Acne and skin changes
- Breast changes
- Constipation



Nutrition

- Iron
- Calories



Healthy weight gain

BMI before pregnancy	Recommended total weight gain
Less than 18.5 (underweight)	28–40 pounds
18.5–24.9 (normal weight)	25–35 pounds
25–29.9 (overweight)	15–25 pounds
More than 30 (obese)	11–20 pounds



Exercise

- Importance of staying active during pregnancy
- Aim for 30 minutes of exercise each day
- Pay attention to your body
- Walking



Oral health

- Changes to gums during pregnancy
- Importance of continuing dental care
- Morning sickness and its effects on teeth





Lifestyle changes to help you and your baby

- Be open with your provider
- Cigarettes and e-cigarettes
- Alcohol
- Recreational drugs
- Opioid use



GEHA maternity support

- Maternity benefit
- Breast pump
- Health rewards
- Find care
- MDLIVE
- Maternity Kit
- Case management services
- Additional resources and support

Q&A

For more information

geha.com | geha.com/Blog



This is a brief description of the features of Government Employees Health Association, Inc.'s medical plans. Before making a final decision, please read the GEHA Federal brochures which are available at geha.com/PlanBrochure. All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

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