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Health
Choice

Staying Connected Is Healthy for You and Your Baby

Pregnancy is a special time in life. But it's not always easy. There are many changes and worries. It's common to have questions and feel like you're all alone.



Meet Pyxir, a new friend to count on! The friendly robot, Pyxir, and the compassionate humans at Pyx Health are here to help you:

- Find resources to support your physical and mental health during and after pregnancy
- Make the most of what BCBSAZ Health Choice offers
- Feel better each day with companionship and humor

Sign up for the Pyx Health program today! It's at no cost to you! Use your smartphone to go to www.HiPyx.com. Or call Pyx Health at **1-855-499-4777** for a helping hand.

Resources

Text4baby

Text BABY (or BEBE for information in Spanish) to 511411 to sign up

Receive information and tips on nutrition, health, and safety for you during pregnancy and for your baby's first year.

- Monitor your baby's weekly growth
- Track your progress and medical updates
- Get appointment reminders
- Learn with fun quizzes

Breastfeeding 24/7 hotline 1-800-833-4642

Call if you have questions or need help with breastfeeding.

AZWIC Call 1-800-252-5942 Apply online myazwic.com

Apply to get healthy food for mom, baby, and children under 5 years.

Postpartum warmline 1-888-434-6667

Call to get support if you have questions or are feeling sad or depressed.



3 Vaccines to Get During Pregnancy

Pregnancy changes your immune system and makes you more at risk for some illnesses and problems with mom and baby's health. Talk to your doctor about getting these three important vaccines.

1 Tdap (Tetanus, Diphtheria, and Pertussis)

The Tdap vaccine helps keep you from getting tetanus, diphtheria, and pertussis. This is an important vaccine for your baby too. By getting Tdap between week 27 and 36 of pregnancy, your baby is protected early in life.

What is Tetanus?

Tetanus is a serious bacterial infection that enters the body through a cut or wound. Tetanus can result in the inability to open the mouth, trouble swallowing, breathing, and even result in death.

What is Diphtheria?

Diphtheria is a serious bacterial infection spread from one person to another through airborne droplets by coughing or sneezing, and in the saliva by sharing drinks and kissing. Diphtheria can lead to difficulty breathing, heart failure, paralysis, and even death.

What is Pertussis, also known as “whooping cough”?

Pertussis is a highly infectious bacterial disease affecting the respiratory tract and can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Pertussis is spread from one person to another through airborne droplets by coughing or sneezing, in saliva by sharing drinks and kissing, and skin-to-skin contact from a handshake or hug. Pertussis can be extremely serious especially in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.

www.CDC.gov

2 Flu (Influenza) Vaccine

Pregnant women should not receive the live vaccine or nasal spray. Ask for the inactive flu vaccine during flu season which runs from October through May.

What is the flu?

The flu is a viral infection spread from one person to another through airborne droplets by coughing or sneezing, in saliva by sharing drinks and kissing, touching a contaminated surface, and skin-to-skin contact from a handshake or hug.

Pregnancy changes heart and lungs which increase the risks from flu which could lead to preterm labor and premature birth. Fever from the flu may also be linked to birth defects such as spina bifida and anencephaly.

3 COVID-19 Vaccine

What is COVID-19?

COVID-19 is a respiratory disease caused by a virus that spreads through respiratory droplets when an infected person coughs, sneezes, or even talks.

Pregnant women are more likely to get very sick from COVID-19, which can increase the risk of complications for both mom and the developing baby. COVID-19 during pregnancy increases the risk of delivering a preterm or stillborn infant. The COVID-19 vaccine and booster are recommended for pregnant women. Evidence continues to show that COVID-19 vaccination before and during pregnancy is safe and effective. If you receive the recommended doses (two shots for Pfizer and Moderna, one shot for Johnson & Johnson) before pregnancy, no extra doses are needed during pregnancy unless a booster is needed to stay up to date.

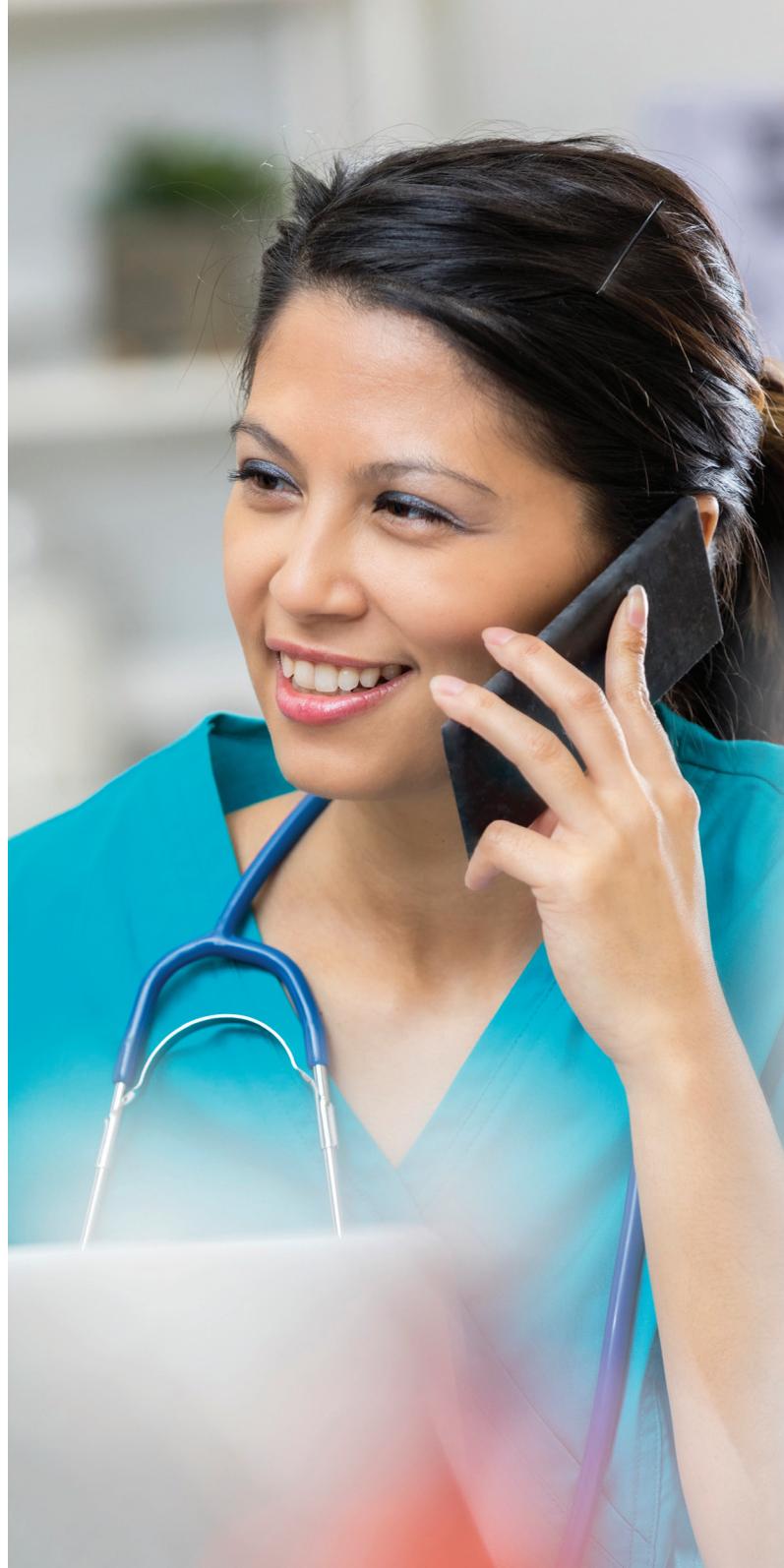
source: cdc.gov

HIV and Pregnancy

Human Immunodeficiency Virus (HIV) is a virus that weakens your immune system. HIV is transmitted through sexual contact and exchange of bodily fluids. You may have HIV and not have any symptoms. It is important to be tested before becoming pregnant and during pregnancy. HIV does not go away. There is medication to strengthen your immune system during pregnancy and keep the virus from spreading to your baby.

HIV can pass through the placenta and infect the fetus. The baby may be exposed to the virus during labor and delivery. When a woman goes into labor and her water breaks, the risk of transmitting HIV to the baby grows. Talk to your doctor about having a C-section. Breast milk also contains the HIV virus so it's best not to breastfeed.

If you test positive, talk to your provider about counseling and treatment options. Your OB provider can refer you to providers who specialize in HIV treatment, known as infectious disease doctors. Your OB provider and HIV provider will work together throughout your pregnancy.



Our maternal care managers, who are nurses, can help you schedule your appointments, and give you information on community resources, pregnancy, and counseling referrals.

Drinking Water Is Extra Important for Expecting Moms

Staying hydrated is important for your health. It's extra important when you're expecting. Not having enough water can cause preterm labor. That's when your body starts the process for delivering the baby before it's ready. Signs of preterm labor could feel like bad menstrual cramping or tightening of your belly. Check with your doctor if you notice these symptoms.



How to Get Enough Water

Experts recommend having between 64 and 128 ounces of water each day. One idea to keep your water intake on track is to use a refillable 32-ounce bottle and fill it 2 to 4 times daily.

Avoiding or limiting caffeine keeps you from losing water through urination. Fewer trips to the bathroom are better for everyone. Limit drinks with caffeine (coffee, tea, sodas, energy drinks) to one cup a day. Skipping caffeine is even better!

You can also quench your body's needs by eating foods that are high in water. Here are examples of hydrating fruits and vegetables:

Fruits

Cantaloupe
Honeydew
Watermelon
Strawberries
Grapefruit

Vegetables

Celery
Cucumbers
Lettuce
Radish
Tomato



Tips for Helping Morning Sickness

The so-called “morning sickness,” or nausea and vomiting in pregnancy, is a common condition. And it can happen at any time of the day or night. For most women, morning sickness usually starts in early pregnancy (first 13 weeks) and gets better or goes away in the second trimester (weeks 14 to 27). For some women, morning sickness can last or come and go throughout the entire pregnancy.

Eat for Relief

Try these foods:

- High-protein and complex carbohydrates (whole wheat toast with peanut butter)
- Real ginger like ginger snaps, ginger tea, ginger ale, ginger gum, or candy
- Citrus fruits like oranges, lemons, grapefruit
- Peppermint mints, gum, and peppermint tea



- Eat frequent small meals and snacks because an empty stomach can often lead to feeling nauseous.

- Eat foods high in water content, especially if you are experiencing vomiting (see list in the hydration article).





More Remedies

Many women find wearing a motion sickness wristband, like a Sea-Band wristlet, helps reduce nausea. You can find them at many drug stores or pharmacies.

Reducing stress and getting plenty of rest can help calm queasiness. Try things like meditation, visualization, or prenatal yoga.

If morning sickness or vomiting does not seem to be going away, talk with your doctor. There are some medications or vitamin supplements that may help. It is always important to speak with your doctor before starting or trying any exercise, medication, or vitamin supplement during pregnancy.

Resources

Formula Shortage: AZ WIC Shopper Helpline **1-866-927-8390** Monday through Friday 7 a.m. to 7 p.m. and Saturday 8 a.m. to 1 p.m.
email **azwicshoppershelpline@azdhs.gov**

Visit Information for Families During the Formula Shortage | **HHS.gov**

Vaccines During Pregnancy FAQs | Vaccine Safety | CDC

HIV and pregnancy | **marchofdimes.org**



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English: ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 800-322-8670 (TTY:711).

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-322-8670 (TTY: 711).

Diné Bizaad (Navajo): Díí baa akó nínizin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, koji' hódíłnih **800-322-8670 (TTY: 711.)**

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