



Emotional Health

For Pregnant Moms



Tell your doctor or midwife about these concerns immediately:

- Do you feel sad or worried?
- Are you trying to quit drugs, alcohol or smoking?
- Do you have questions about your medications?
- Do you feel safe in your relationships? Is your intimate partner violent with you?
- Do you have a place to live?
- Do you have enough food to eat?
- Is getting to your appointments difficult for you?

Emotional health is when a woman's feelings and well-being are balanced. This can affect her baby if she's pregnant or a new mom. There are many ways to make sure your feelings, thoughts, and actions will have a positive effect on you and your baby.

What you can do:

Having a baby can be hard. But you don't have to do it alone. Your doctor or midwife can help you with any questions you may have. She or he can also show you other helpful services that are available.

- Eat lots of fruits and vegetables and drink plenty of water.
- Take walks with a friend at a park or shopping center.
- Avoid drinking alcohol, smoking, or using drugs. Stay away from people who do.
- Ask your doctor about yoga or exercise classes for pregnant women.



Questions?

As a member of UnitedHealthcare Community Plan, we care about the health and well-being of you and your baby. Please get in touch with us today, we want to help you.

Call Member Services toll-free at **1-800-318-8821, TTY 711**, 8 a.m. to 7 p.m. ET, Monday through Friday. Members may also call our Special Needs Unit at **1-800-460-5689**.

Or visit myuhc.com/CommunityPlan

*If you are not a member of UnitedHealthcare Community Plan, please call the Public Behavioral Health System at **1-800-888-1965**, 24 hours a day, 7 days a week.*



*If you are facing intimate partner violence, please call the Domestic Violence Hotline at **1-800-799-7233**.*

Take time for yourself to rest and do things you enjoy.



UnitedHealthcare works with the state of Maryland to help families and adults with limited incomes get health insurance. We offer health coverage to beneficiaries of Maryland's HealthChoice program. The HealthChoice program is a program of the Maryland Department of Health. Health plan coverage provided by UnitedHealthcare of the Mid-Atlantic, Inc.