



# Preparing for a new baby?

This is one of the most important and joyous times of life, but it can be uncertain and stressful for mothers experiencing the following:

- chronic medical conditions such as diabetes, asthma or other,
- a complicated pregnancy in the past,
- 35 years old or older,
- more than one baby in this pregnancy
- those who required assistance in becoming pregnant.
- previous premature/preterm delivery
- conditions such as pregnancy-related high blood pressure, diabetes or other medical problems that develop during pregnancy.

Mothers, especially new mothers, who have these or similar conditions are likely to have lots of questions especially early on in their pregnancy or right after their doctor has informed them about a developing concern for them and their baby.

They may wonder:

- Is my age a concern?
- Why am I having all these tests and what do my test results mean?
- Will the treatments and procedures used for me to become pregnant affect my baby?
- How do my routine medications, supplements, herbals and other over-the-counter medications affect me or my baby?
- What can I do to stay healthy and protect my baby during pregnancy?

While your doctor should always be your first resource for information and guidance during your pregnancy, the NC State Health Plan has provided a free additional resource to help members answer all these questions and concerns.



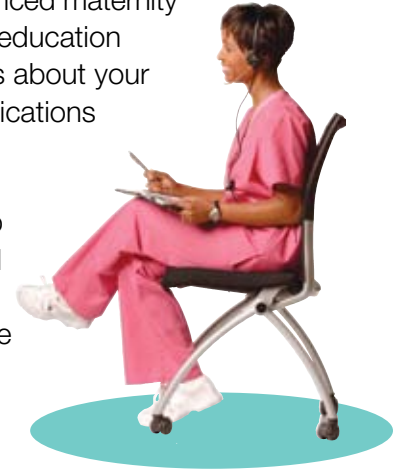
## The NC HealthSmart High-Risk Maternity Program!

In this program all these questions can be addressed by an experienced high-risk maternity registered nurse who will help you understand what appropriate testing, medications and treatments will maximize your health and the health of your baby. They will assist you to coordinate and access the best medical resources available through your coverage plan to minimize the impact and stress you may be experiencing. It is important to enroll in the program early in your pregnancy when you can benefit the most from the assistance of a nurse advocate working with your doctor.

**The program is most beneficial when you enroll early, in the first or second trimester!**

The NC HealthSmart High-Risk Maternity Program is a resource designed to guide expectant mothers as safely and healthy as possible through their pregnancy. Experienced maternity management nurses provide guidance and education that enable you to make confident decisions about your health and reduce potential risks and complications of pregnancy.

Your nurse will work with you one-on-one to understand your unique health situation and develop a plan of care specific to your needs and consistent with the best medicine your doctors have to offer.



North Carolina  
**State Health Plan**

for Teachers and State Employees  
[www.shpnc.org](http://www.shpnc.org)

Enrollment is easy! Simply call: 1-888-607-9594  
Enroll in the North Carolina HealthSmart High-Risk Maternity Program today!

Hear what others have to say:

*"My nurse Susan was a constant support. She encouraged me through a difficult pregnancy, and I felt truly cared for."*