

# The Stork

Delivering information  
for your pregnancy and baby

**Fall is a season  
of warmth. So grab  
your favorite blanket,  
sip some hot cocoa and  
cozy up to pregnancy  
one day at a time.**



## Embrace the season: Autumn tips for a cozy pregnancy

With cooler days, fall is a great time to slow down, cuddle with your loved ones and take extra care of yourself during your pregnancy. Here are a few ideas for welcoming the season:

- ✓ **Layer smart:** Being pregnant often makes you feel warmer than usual. As the weather goes up and down, dress in thin layers to stay comfortable.
- ✓ **Rest:** Shorter days are the perfect excuse to take it easy. Listen to your body and don't be afraid to slow down.
- ✓ **Schedule a self-care appointment:** Try a prenatal massage to reduce stress and help you sleep better.
- ✓ **Soak in a warm (not hot) bath:** Pour some epsom salt in to ease sore muscles.

## Comforting fall foods that support a healthy pregnancy

As sweaters start to come out, it's the perfect time to enjoy the season with nutritious foods that comfort your body and support your growing baby. Seasonal vegetables and fruit are packed with vitamins and minerals to help support your baby's development and keep you feeling good.

Here are some favorites to add to your plate:

- ✓ **Sweet potatoes:** They are rich in betacarotene which is important for fetal growth.
- ✓ **Apples:** A great source of fiber and vitamin C, they make the perfect on-the-go snack.
- ✓ **Pumpkin:** They are high in antioxidants and taste yummy in soups or baked goods.
- ✓ **Lentils and beans:** Full of plant-based protein and iron, they are great in stews and also help maintain healthy energy levels.



Don't forget that Dell Children's Health Plan offers fresh food, fruits, vegetables or prepared meals for pregnant members after delivery. Limit to one shipment. See your member handbook for details. *Restrictions and limitations may apply.*

# Getting the flu vaccine while pregnant can protect you and your baby against the flu

## Did you know that changes to your immune system, heart and lung functions during pregnancy make you more likely to get seriously ill from the flu?

Pregnancy increases the risk of being hospitalized with the flu and having flu-related complications if you get sick with the flu.

However, when you get a flu vaccine during pregnancy, it can help protect you and your baby against the flu. When you get a flu vaccine during pregnancy, you pass along antibodies to your baby that can help protect them from the flu in the first few months after they're born, when they are too young to be vaccinated themselves.

Flu seasons vary in their timing from season to season. For most people, the Centers for Disease Control (CDC) recommends getting the flu vaccine in the fall to ensure that you are protected before flu activity begins to increase. The flu vaccine is safe during pregnancy and can be given during any trimester.

Source: [www.cdc.gov/vaccines-pregnancy/about/index.html](http://www.cdc.gov/vaccines-pregnancy/about/index.html)



Explore [DellChildrensHealthPlan.com/what-to-do-when-sick](http://DellChildrensHealthPlan.com/what-to-do-when-sick) to learn more tips for treating a viral infection like the cold or flu at home.

Just a reminder that many illnesses, like a fever, cold, vomiting, diarrhea or the flu can be treated at home and don't require a trip to your provider or urgent care:

- ✓ Try saline nasal sprays to ease nasal congestion.
- ✓ Get lots of rest.
- ✓ There are a lot of over-the-counter (OTC) medicines for a cold, the flu or vomiting. Make sure to check with your provider if you are using these for the first time or if you are pregnant.

## Don't forget

Members ages 3 and older receive a \$25 reward for over-the-counter products when getting the annual flu vaccine. See your member handbook for details. *Restrictions and limitations may apply.*

# Nesting tips to prepare for your baby this season

Nesting in the fall is a great time to create a cozy and healthy environment for your new arrival. Here are some tips for cleaning and organizing your home and preparing for your newborn during this autumn season:

### ✓ Deep clean carpets and furniture:

Allergens and pet hair can get trapped in your furniture and carpets.

### ✓ Wash all linens and fabrics:

Wash everything from baby clothes to bedding using a gentle baby-safe laundry detergent.

### ✓ Sanitize all your baby gear:

Use a baby-safe disinfectant to wash and sterilize all bottles, pump parts and pacifiers. Clean and sanitize the crib, stroller and car seat.

### ✓ Organize clothes by size and season:

Keep this season's clothes handy and pack away larger sizes or out-of-season items in labeled bins to save space.

### ✓ Set up "stations" for convenience:

Create stations around your home for late-night feedings and diaper changes so you have everything within reach.



## Staying active while pregnant during cooler weather

When the temperature drops, don't let your motivation for exercise fall along with it. Colder weather doesn't have to put a chill on your fitness routine, even if the treadmill seems boring compared with riding your bike outside. Getting regular exercise during your pregnancy can often help reduce any physical discomforts. It can also help with recovery after your baby is born.

If you're looking for a way to make exercise fun and motivating, here are some suggestions to try:

- ✓ **Water aerobics:** Because the effects of gravity decrease in the water, a pool workout is easy on your joints.
- ✓ **Yoga:** Participating in this activity can improve your flexibility and strength, especially in muscles used during labor and delivery.
- ✓ **Walking:** Brisk walking gives a total body workout and is easy on the joints and muscles.
- ✓ **Pelvic floor exercises:** These strengthen pelvic floor muscles, which support the uterus, bladder and bowels. Doing these also helps with delivery and recovery.

Source: <https://www.acog.org/womens-health/faqs/exercise-during-pregnancy>

## Dell Children's Health Plan offers doula services through GALS

Giving Austin Labor Support (GALS) is dedicated to providing emotional, physical and informational support to our pregnant members in order to improve your birthing experience and strengthen your family. Through GALS, both the Prenatal and Postpartum Doula Programs offer you support through your pregnancy and after your baby arrives.

Through the Prenatal Doula Program, birth workers provide you with encouragement and support, helping you stay comfortable with non-medical comfort measures and help you have an empowering birth experience.

After you've delivered your baby, GALS is there to provide support to you and your family if you need extra help. Postpartum care typically begins around 2 weeks after you had your baby and can continue through the first 6-12 months. The goal of postpartum doula care is to take care of you so you can take care of your baby.

Dell Children's Health Plan offers home visits when pregnant and after delivery. Doula services available during birth as well. **Call Service Coordination at 512-324-3015 (TTY 7-1-1) or toll-free 1-844-964-3015 (TTY 7-1-1) or contact GALS by calling 1-512-934-2171.**

\*CHIP Perinate members are not eligible for doula services after delivery. See your member handbook for details. Restrictions and limitations may apply.



## Dell Children's Health Plan offers value-added services to keep you healthy:

- ✓ \$75 for getting a prenatal checkup in the 1<sup>st</sup> trimester or within 42 days of enrollment with our health plan in any trimester.
- ✓ \$100 for members who get a postpartum checkup within 7 to 84 days after giving birth.

*See your member handbook for details. Restrictions and limitations may apply.*

## Welcome to our Specialized Delivery Unit: expert care and personal support

If you have a challenging fetal condition, the Specialized Delivery Unit (SDU) at Dell Children's is here for you every step of the way. The SDU supports mothers with fetus health issues, offering family-centered care that allows you to deliver and recover alongside your newborn.

Last month, during Neonatal Nurses Week, we had the chance to honor the SDU's role in keeping mothers and babies together for immediate, life-saving care. Staying close to your baby helps ease stress and encourages healthier outcomes during the moments that matter the most.

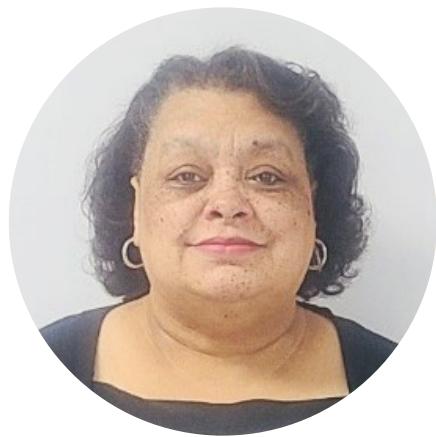
# Service coordination spotlight

## Grace Williams, registered nurse, maternal health service coordinator

Our maternity case manager Grace has been a registered nurse for over 30 years. She recently helped a member avoid a serious health risk during pregnancy. While reviewing the member's care, Grace noticed something that could have caused problems if it wasn't caught early. She explained the possible dangers in a clear, caring way and encouraged the member to call her provider right away.

The member followed Grace's advice and later learned that her provider agreed changes were needed. She was very thankful, saying she would not have known about the risks without Grace's help.

This story shows how our maternity case managers play an important role in keeping members safe and supported during their pregnancy. Grace's quick action and compassion not only prevented harm but also gave the member confidence to take charge of her health.



On August 12, our pregnant members attended Dell Children's Health Plan's Community Baby Shower! Their presence made it a beautiful celebration.

Big thank you to Catholic Charities of Central Texas for giving the moms-to-be helpful resources to welcome their babies.

## Upcoming events

- ✓ On October 16, the Halloween Event will take place at Dottie Jordan Rec Center from 5 p.m. to 8 p.m.
- ✓ On October 29, Trunk or Treat will be held at Del Valle ES from 5 p.m. to 6:30 p.m.
- ✓ On October 30, Fall Fest will take place at Bluebonnett Trail ES from 5 p.m. to 7 p.m.
- ✓ On November 1, Hope Fest will take place at Northeast Early College High School from 9:30 a.m. to 3:00 p.m.



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For a current list of events visit us online at [DellChildrensHealthPlan.com](https://DellChildrensHealthPlan.com).

For more information email us at  
[dchp-CM@ascension.org](mailto:dchp-CM@ascension.org)