

Presbyterian Health Plan Preventive Healthcare Guidelines

A Guide for Members



Pregnancy

- Visit a provider as soon as you think you might be pregnant.
- Your provider will tell you how often you need to visit after your first visit, usually every four weeks until your last trimester, then every two weeks, and then every week during the last month.
- You will need to visit your provider again 4-6 weeks after you deliver your baby.
- Follow these guidelines in addition to those listed for your age.

Weeks 4 - 28

What to expect	At your first visit with your health care provider, you may receive a full physical exam, take blood for lab tests, calculate your due date, receive a breast exam, pelvic exam to check your uterus (womb), and cervical exam, including a Pap test.
Discuss with your provider	<ul style="list-style-type: none"> • Balanced nutrition, ideal caloric intake and weight gain • Multivitamin with folic acid • Flu shot • Tobacco cessation/effects of passive smoking • Alcohol/other drug use • Lap/shoulder belts
Prenatal tests	<ul style="list-style-type: none"> • Your blood type and Rh factor • Anemia • Infections, such as sexually transmitted infections (STIs) • Signs that you are immune to rubella and chicken pox
Other possible prenatal screenings	<ul style="list-style-type: none"> • Amniocentesis (to check for certain birth defects) • Chorionic villus (to check for certain birth defects) • First trimester screen and ultrasound exam • Maternal serum screen (AFP) (to check for higher risk of chromosomal disorders or neural tube defects) • Screening to check mother's risk of pregnancy related diabetes (after 24 weeks) • Nonstress test (test for fetal distress) • Discuss other screens or tests you might need with your provider

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Weeks 28 - 36	
What to expect	Keeping track of your baby's movements is a good way to detect any signs of distress or if a doctor's care is needed. Discuss the monitoring of fetal movement with your provider.
Discuss with your provider	<ul style="list-style-type: none"> Balanced nutrition, ideal caloric intake and weight gain Multivitamin with folic acid Flu shot Tdap booster Tobacco cessation/effects of passive smoking Alcohol/other drug use Lap/shoulder belts
Possible screenings	<ul style="list-style-type: none"> Screening to check mother's risk of pregnancy related diabetes (after 24 weeks) Nonstress test (test for fetal distress)
Weeks 36 - Birth	
Discuss with your provider	<ul style="list-style-type: none"> Rubella after delivery, if needed Breastfeeding for child's health benefits Infant safety car seats Importance of postpartum visit (follow-up visit for mom after baby is born) Birth control (at postpartum visit)
Potential prenatal screenings	<ul style="list-style-type: none"> Biophysical profile and Ultrasound exam Group B strep infection (to check for bacteria that can cause pneumonia or serious infection in newborn) <p>Be sure to set up your postpartum visit no later than 4-6 weeks from your delivery date.</p>

Sources:

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New Mexico Department of Health Done by One Childhood Immunization Schedule. Available at: <https://nmhealth.org/about/phd/idb/imp/imsc/>. Accessibility verified 11/2018.

Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents. 4th ed. Illinois: American Academy of Pediatrics; 2008. Available at: <https://brightfutures.aap.org/materials-and-tools/guidelines-and-pocket-guide/Pages/default.aspx>. Accessibility verified 11/2018.

New Mexico Human Services Department, New Mexico Administrative Code 8.308.9.17 Preventive Physical Health Services. Available at <http://www.nmcpr.state.nm.us/nmac/parts/title08/08.308.0009.htm>. Accessibility verified 11/2018.

Tot-to-Teen Health Checks are federally mandated for Medicaid as part of the Early and Periodic Screening, Diagnostic and Treatment (EPSDT) Services. Available at: <http://www.nmcpr.state.nm.us/nmac/parts/title08/08.320.0002.PDF>. Accessibility verified 11/2018.

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Learn more about **Presbyterian's Nondiscrimination Notice and Interpreter Services.**

Presbyterian Senior Care (HMO)/(HMO-POS) and MediCare PPO are Medicare Advantage plans with a Medicare contract.

Enrollment in Senior Care (HMO) / (HMO-POS) and Presbyterian MediCare PPO depends on contract renewal.

Y0695_MPC-101606_NSR-11212016
Reviewed and Updated: 05/2019

Centennial Care #934

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Presbyterian Dual Plus is an HMO Special Needs Plan (SNP) with a Medicare Contract and a contract with the State of New Mexico Human Services Department Medicaid program. Enrollment in Presbyterian Dual Plus (HMO D-SNP) depends on contract renewal.

Such services are funded in part with the State of New Mexico.