



## PRECONCEPTION

**Preconception health** is a person's physical, mental, emotional, and social well-being before and between pregnancies.

Practicing healthy habits and regularly seeing a doctor can help increase the chances of having a healthy baby.

Everyone can benefit from preconception health, whether or not they plan to have a baby one day.

**START A HEALTHY HABIT TODAY!**



## IF YOU BECOME PREGNANT

**Call the Perinatal Care Network (PCN) at 1-800-675-2229**

**Our no-cost services can help you:**

- Apply for expedited Medi-Cal
- Link to a prenatal care provider
- Get transportation assistance for prenatal care appointments
- Connect to WIC and other pregnancy services in your area
- Receive information and services to help you stay healthy after your baby is born
- Get referrals for health check-ups and shots for your baby

Visit the [PCN webpage](#) or scan the QR code to learn about additional family support services.



Sources: California Department of Public Health, Centers for Disease Control and Prevention, Substance Abuse and Mental Health Services Administration, The American College of Obstetricians and Gynecologists

## BEFORE YOU GET PREGNANT



**BE HEALTHY. BE READY.**

PRECONCEPTION HEALTH IS ABOUT PLANNING FOR THE FUTURE AND TAKING THE STEPS TO GET THERE.





**Before getting pregnant, talk to your doctor about your health history and any existing health conditions that could affect a pregnancy.**

Get screened or tested for:

- Blood pressure
- Diabetes
- Mental illnesses (e.g., anxiety, depression)
- Sexually transmitted infections
- Thyroid disease
- Other chronic diseases

Visit your dentist regularly for check-ups and cleanings.

**Take a multivitamin with 400 micrograms (mcg) of folic acid daily.**

- Folic acid is a B vitamin that helps the body make healthy new cells. It can be found in some multivitamins and foods labeled as enriched.
- Take 400 mcg of folic acid every day before and during early pregnancy to help protect your baby from defects of the brain and spine.

**A healthy body before pregnancy begins with building a healthy plate.**

**Tips:**

- Dairy - Switch to low-fat or fat-free milk. Alternatively, if you are having trouble drinking milk, try a calcium-fortified dairy alternative
- Fruit - Eat colorful fruits and enjoy fresh, frozen, canned or dried fruit without added sugars
- Vegetables - Eat fresh, frozen or low-sodium canned vegetables of different colors
- Protein - Get your protein from lean meats and beans like kidney, pinto, black, and other varieties
- Whole grains - Choose whole wheat pasta or check nutrition labels for the word "whole" and check fiber content



**Stay active. Get at least 30 minutes of moderate-intensity physical activity at least five days a week.**

Physical activities you can do include:

- Aerobic exercises
- Dancing
- Resistance training (e.g., using weights, elastic bands)
- Stretching exercises
- Walking

**Stop drinking alcohol, smoking, and using certain drugs.**

Drinking alcohol, smoking, and using certain drugs can cause problems during pregnancy, such as:

- Early labor which occurs when a woman starts going into labor too early in pregnancy, before 37 weeks
- Miscarriage which occurs during the spontaneous loss of a woman's pregnancy before the 20th week
- Other birth complications

Need help quitting? Talk to your doctor or call SAMHSA National Helpline: 1-800-662-4357