

# CareBaby

Your helpful guide  
to a healthy and  
happy pregnancy



**Columbia Pacific CCO™**

Part of the CareOregon Family

You can get this information in different languages, large print, electronic format, oral presentation (face-to-face or on the phone), or braille. Call Customer Service toll-free at 855-722-8206 or TTY 711.

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If you need an interpreter for visits or phone calls to your provider's office, you're legally entitled to this service free of charge. Columbia Pacific CCO Customer Service also provides interpretation services. Just ask.



# Columbia Pacific CCO Customer Service

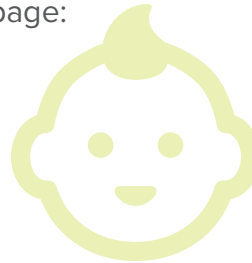
We're open 8 a.m. to 5 p.m. Monday through Friday.

Customer Service: **503-488-2822** or  
toll-free **855-722-8206**  
TTY: 711

Text message: **503-488-2886**

Secure message us at:  
[colpachealth.org/portal](https://colpachealth.org/portal)

Other useful info is on our CareBaby webpage:  
[colpachealth.org/carebaby](https://colpachealth.org/carebaby)



## Who to call when you have questions

*For questions about your pregnancy, call your clinic or ask your provider.*

*For questions about benefits and services, call Columbia Pacific CCO Customer Service.*

# You're about to become a parent!

As a parent-to-be, you're on an important journey. It's exciting and a little scary, with lots to think about and do.

That's why Columbia Pacific CCO put together this guide to help you and your baby be as healthy and happy as possible. It includes:

**Benefits.** We share with you services that may be helpful during pregnancy, like transportation help to medical, dental and mental health appointments. And extra benefits, including glasses and dental services.

## **What to take care of, and when.**

We'll note when to make appointments, how to apply for access to free groceries, and when to start thinking about getting a car seat.

## **What's happening with you and your baby.**

We'll tell you when your baby has grown to the size of a peach. And why getting *your* teeth cleaned by a dentist is important to your growing baby's health, too.

Columbia Pacific is here to walk with you in the months ahead.

Best wishes,

*The Columbia Pacific CCO  
Maternal Child Youth Team*

# How to use this guide

**Most pregnancies last about 40 weeks, or a little over nine months.**

That time is divided into three sections called “trimesters.”

## **First trimester**

0 to 12 weeks (0 to 3 months)

## **Second trimester**

13 to 27 weeks (4 to 6 months)

## **Third trimester**

28 to 40 weeks (7 to 9 months)

## **When did your pregnancy begin?**

In medical terms, pregnancy starts the first day of your last menstrual period.

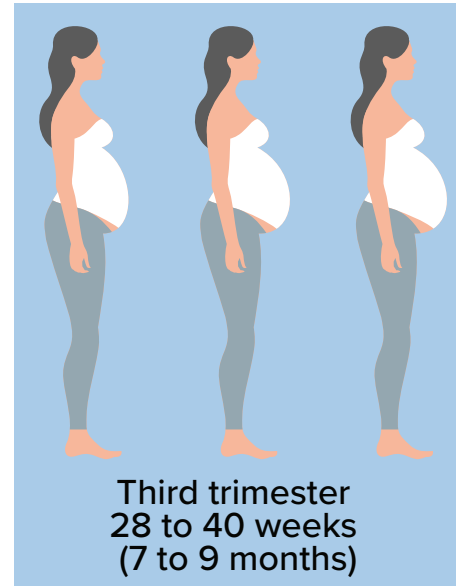
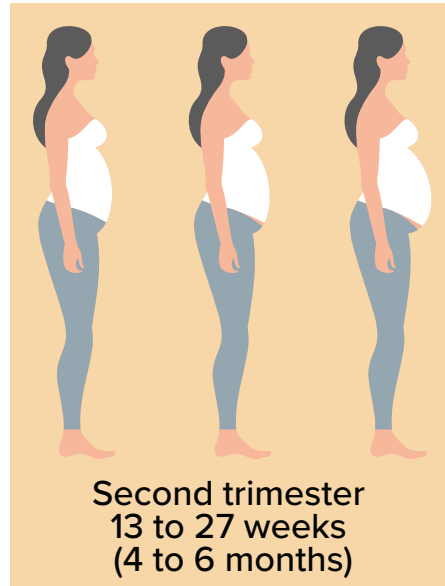
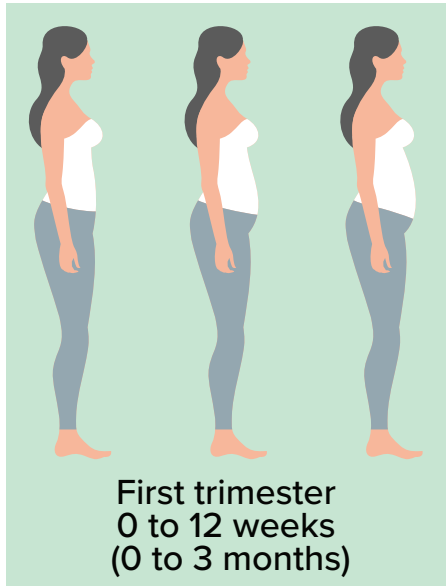
That’s why your primary care or prenatal provider asks when you had your last menstrual period. That date helps them calculate your due date.



## How to use this guide

We organized this booklet by trimesters and weeks because medical providers typically talk in terms of weeks and trimesters.

**You may want to take this guide with you to your pregnancy or “prenatal” appointments.**







**Checklists.** Pregnancy is a special experience. At times, though, it may feel stressful or overwhelming. To help, we've included checklists. They highlight some of the basic care that supports you and your growing baby. You can check off these steps as you complete them.

**Notes:**

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typically are happy to take care of your baby after birth. They often also deliver babies. If family medicine physicians don't deliver babies themselves, they will make sure you understand how they've arranged for your baby's delivery.

- **Obstetrician/gynecologists** – medical doctors or doctors of osteopathic medicine who specialize in pregnancy and delivery.

We call all these specialists “**prenatal providers.**”

## Doulas – trained birth companions

You may choose to use services from a certified doula, along with your prenatal provider.

Doulas offer personal support to pregnant members and families during pregnancy, delivery and beyond. Their support is:

- Emotional
- Physical
- Educational

Doulas aren't medical providers but can be a great addition to your health care team. Research shows that doulas improve the likelihood of a healthier birth for both baby and mother.



## Your benefits

Doulas registered in Oregon are required to undergo background checks and professional training.

Columbia Pacific CCO covers doula services when the doula is a certified doula listed on Oregon's State Registry.

Search for approved doulas:  
[traditionalhealthworkerregistry.oregon.gov/](https://www.traditionalhealthworkerregistry.oregon.gov/)

See Oregon Doula Association's website for info on what doulas do and what's available near you:  
[oregondoulas.org](https://www.oregondoulas.org)

**Dental care.** Good dental care during pregnancy means a better chance of your baby being healthy. In pregnancy, your healthy teeth and gums are connected to your baby's health.

The Oregon Health Plan offers extra dental coverage, including more cleanings and some crowns, during your pregnancy.

Ask your dental plan about the benefits available during pregnancy. Your dental plan's phone number is on your Columbia Pacific CCO Member ID card.

Member ID card not available? Contact Columbia Pacific CCO Customer Service for help. We're open 8 a.m. to 5 p.m. Monday through Friday, except holidays.

Customer Service: **503-488-2822** or toll-free **855-722-8206**

Text message: **503-488-2886**  
TTY: 711

Secure message us at:  
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Other useful info is on our CareBaby webpage: [colpachealth.org/carebaby](https://colpachealth.org/carebaby)



**Eye care.** You may notice your eyes changing during pregnancy. The Oregon Health Plan offers extra vision benefits during pregnancy: an eye exam from an eye doctor, and possibly eyeglasses. More info: Page 37

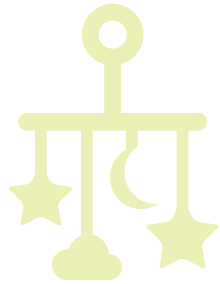
VSP handles Columbia Pacific's pregnancy vision benefits. Call VSP toll-free at 800-877-7195 or visit [vsp.com](https://vsp.com)

When calling VSP:

- Have your Social Security number available
- Have your Member ID card available
- Tell VSP you're pregnant

## Your benefits

**Prescription drugs.** Talk with your PCP or prenatal provider about any medicines, supplements or vitamins you're now taking. They'll let you know which are safe to take during pregnancy and help if you need refills or medication changes. Columbia Pacific pays for many prescription drugs and prenatal vitamins.



## **Prenatal (pregnancy) vitamins.**

Your PCP or prenatal provider can prescribe prenatal vitamins. Whether you're planning pregnancy or are already pregnant, talk with your provider right away about starting prenatal vitamins.

Prenatal vitamins provide an important boost to the nutrients you get from eating a variety of healthy foods. Look for vitamins that contain folic acid, calcium, iron and vitamin D.

For women age 50 and under, Columbia Pacific covers select over-the-counter and prescription prenatal vitamins, at no cost, from in-network pharmacies. More info: Pages 26-28

**Counseling and mental health.**

Columbia Pacific CCO covers services to help you manage stress, sadness, anxiety or grief.

Columbia Pacific also covers services to help you reduce your use of tobacco, alcohol or other substances that harm a developing baby. More info: Pages 28-29

**Childbirth classes.** The Oregon Health Plan doesn't cover childbirth classes, but Columbia Pacific wants to help. Before paying a class fee out of your own pocket, call our Customer Service and ask if financial help is available.

**Transportation.** Need help getting to a physical, dental or mental health care appointment? As a Columbia Pacific member, you can get help with transportation through NW Rides. Depending on your needs, it could be: public transit passes, mileage, shared rides, mobility vehicles, and sometimes lodging and meal reimbursement.

Call NW Rides at least two business days (and as many as 30 days) before your appointment: toll-free 888-793-0439 or TTY 711.

The NW Rides Call Center is open 8 a.m. to 5 p.m. Monday through Friday, except holidays. Rides are available every day, 24 hours.





## Your benefits

### Prenatal and postpartum

You'll hear medical providers use the terms “prenatal” and “postpartum.”

**Q: What does “prenatal” mean?**

A: “Prenatal” means anything that happens during pregnancy.

**Q: What does “postpartum” mean?**

A: “Postpartum” is the 12-week period after childbirth.

**Next section: The first trimester, and your checklist for Months 0 to 3**

### Notes

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# Months 1 to 3

## First trimester

The first 12 weeks you're pregnant, you may not look different on the outside. Inside, though, your body is busy with all kinds of baby-growing activities.

The early weeks of your baby's life are a highly important time for you to take good care of yourself. Take prenatal vitamins, eat foods that are right for pregnancy, get extra sleep, and stay free from tobacco, alcohol or other substances that can harm your baby's development. Columbia Pacific CCO and your providers will support you in that!

**During your first trimester, be sure to:**

 **Contact the Oregon Health Plan.**

Contact OHP by phone, online or email as soon as you find out you're pregnant.

OHP covers pregnant members for their full pregnancy (and at least 60 days after the baby's birth), and often provides extra benefits.

**Call OHP:** Toll-free at 800-699-9075. Select “Report a change in your information” or “Apply for Oregon Health Plan Benefits.” (Note: Those phone options may change.)

**Log in or create an Oregon Eligibility (ONE) Account:** [one.oregon.gov](https://one.oregon.gov)

**Email updates and questions:**  
[oregon.benefits@dhsosha.state.or.us](mailto:oregon.benefits@dhsosha.state.or.us)

Email tips: Write “Pregnancy status change” in the “subject” line. Include basic details in the email itself, including:

- Your full name
- Member ID number
- Mailing address
- Phone number

 **Contact Columbia Pacific CCO.**

Let us know you’re pregnant! We’ll connect you with a team familiar with your special benefits and available services.

**Columbia Pacific Customer Service**

**Hours:** 8 a.m. to 5 p.m.  
Monday through Friday

**Call:** Toll-free 855-722-8206 or TTY 711

**Text message:** 503-488-2886

**Secure message us at:**  
[colpachealth.org/portal](https://colpachealth.org/portal)



## Months 1 to 3: First trimester

### **Make an appointment with your primary care provider.**

Let your clinic know you are pregnant, or think that you are. Early prenatal care means a healthier pregnancy for you, and a strong start for your baby.

**Do you need a primary care provider (PCP)?** Our Customer Service team can help you make appointments and let you know about other services.

## Morning sickness

In the first months of pregnancy, you may feel queasy, and even vomit. This is called “morning sickness,” but it can happen at any time of day.

Morning sickness typically first occurs about six weeks into pregnancy and ends after the first trimester. But everyone’s different. Some people never get morning sickness; for others, it continues into the second or even third trimester.

Your prenatal clinic always has someone available to take your call when you have a question or concern.

Call your clinic about morning sickness if:

- Simple approaches don't help
- You seem dehydrated
- You feel something just isn't right

**Your prenatal provider knows your health needs.** If you need to be seen, they likely will ask you to come to the clinic. Depending on your medical needs, the clinic will:

- Advise you by phone
- Ask you to come to the clinic
- Advise you to go to an urgent care or a hospital emergency department

**TIP: Protect your teeth. If you vomit, rinse your mouth with a mouthwash made from a cup of warm water and one teaspoon of baking soda. Swish and spit. This will keep stomach acids from hurting your teeth.**



## Eating right

**Q: What are the best foods to eat for a healthy pregnancy?**

**A: You and your baby need a wide range of foods to keep you well and support your baby's brain and body development.**

Your prenatal provider can guide you on this important topic. To help, we've included tips from the American College of Obstetricians and Gynecologists.

### **Basic tips for healthy eating in pregnancy**

- Fill one-half of your plate with fruits and vegetables.
- Use nonfat or 1% milk.
- Eat whole grains for at least one-half of your grains.
- Eat a variety of protein. Try eating recommended types of fish two or three times a week. Choose lean (low-fat) meats and poultry.
- Vegetarian proteins include nuts, seeds and soy products.

- Limit foods with “empty calories,” which means lots of calories but little nutrition. That includes treats like candy, cookies, chips and sugary drinks.
- Take a daily prenatal vitamin.

**Other help with planning a healthy diet**

These websites offer information you can rely on.

**Safely eating fish and shellfish:** [\*epa.gov/choose-fish-and-shellfish-wisely\*](http://epa.gov/choose-fish-and-shellfish-wisely)

**Eating healthy and safely in pregnancy:** [\*womenshealth.gov/pregnancy/youre-pregnant-now-what/staying-healthy-and-safe\*](http://womenshealth.gov/pregnancy/youre-pregnant-now-what/staying-healthy-and-safe)

**Healthy eating during pregnancy or while breastfeeding:**

[\*choosemyplate.gov\*](http://choosemyplate.gov)

**Q&As for a healthy pregnancy diet:**

[\*acog.org/Patients/FAQs/Nutrition-During-Pregnancy\*](http://acog.org/Patients/FAQs/Nutrition-During-Pregnancy)

**Special Supplemental Nutrition Program for Women, Infants, and Children:** [\*fns.usda.gov/wic\*](http://fns.usda.gov/wic)



## Key vitamins and minerals during pregnancy

<b>Nutrient</b> (daily recommended amount)	<b>Why you and your baby need it</b>	<b>Best sources</b>
<b>Vitamin D</b> (600 international units)	Builds your baby's bones and teeth; helps promote healthy eyesight and skin	Sunlight, fortified milk, fatty fish such as salmon and sardines
<b>Folic acid</b> (600 micrograms)	Helps prevent birth defects of the brain and spine and supports the general growth and development of the fetus and placenta	Green leafy vegetables, orange juice, beans, fortified cereals, enriched bread and pasta, nuts

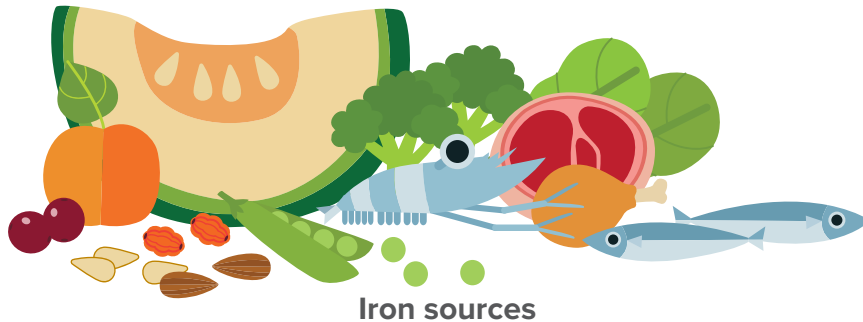


Folic acid sources



## Key vitamins and minerals during pregnancy

<b>Nutrient</b> (daily recommended amount)	<b>Why you and your baby need it</b>	<b>Best sources</b>
<b>Calcium</b> (1,300 mg for 14-18 years; 1,000 for 19-50 years)	Builds strong bones and teeth	Milk, cheese, yogurt, sardines, green leafy vegetables
<b>Iron</b> (27mg)	Helps red blood cells deliver oxygen to your baby	Lean red meat, poultry, fish, dried beans and peas, iron-fortified cereals, prune juice



## Key vitamins and minerals during pregnancy

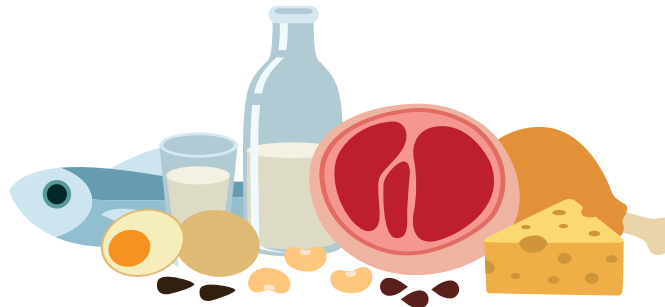
<b>Nutrient</b> (daily recommended amount)	<b>Why you and your baby need it</b>	<b>Best sources</b>
<b>Vitamin A</b> (750 micrograms for 14-18 years; 770 micrograms for 19-50 years)	Forms healthy skin and eyesight; helps with bone growth	Carrots, green leafy vegetables, sweet potatoes
<b>Vitamin C</b> (80 mg for 14-18 years; 85 mg for 19-50 years)	Promotes healthy gums, teeth and bones	Citrus fruit, broccoli, tomatoes, strawberries



**Vitamin A sources**

## Key vitamins and minerals during pregnancy

<b>Nutrient</b> (daily recommended amount)	<b>Why you and your baby need it</b>	<b>Best sources</b>
<b>Vitamin B6</b> (19 mg)	Helps form red blood cells; helps body use protein, fat and carbohydrates	Beef, liver, pork, ham, whole-grain cereals, bananas
<b>Vitamin B12</b> (2.6 micrograms)	Maintains nervous system; needed to form red blood cells	Meat, fish, poultry, milk (vegetarians and vegans should take a supplement)



Vitamin B sources

## Months 1 to 3: First trimester

### **Q: Is it OK to exercise?**

**A:** Yes – movement is good! Talk with your primary care or prenatal provider about the right amount of exercise for you. If you already exercise, keep it up. If you're not currently exercising, ask about adding walking into your routine.



### **Take a prenatal (pregnancy) vitamin every day.**

Prenatal vitamins support you and give your growing baby nutrients that may be hard to get from food alone. They're free with a prescription.

## Prenatal vitamins

Prenatal vitamins are a covered benefit, which means it's free to you!

Covered prenatal vitamins are listed on Columbia Pacific CCO's drug list, or formulary. The drug list is posted on our website.

**TIP: Planning to get pregnant?**

Start taking a daily prenatal vitamin as soon as you start trying to conceive.

**Q: Why do I need prenatal vitamins?**

A: Prenatal vitamins fill nutrition gaps. They give you and baby the right amounts of needed vitamins and minerals.

**Q: If I take a prenatal vitamin, do I still need to eat carefully?**

A: Yes! Prenatal vitamins boost a healthy diet. They don't replace real food. Eating right in pregnancy is a great, lifelong gift you're giving your baby.



## Months 1 to 3: First trimester

### Benefits from prenatal vitamins

**Folate or folic acid.** Early in pregnancy, helps prevent serious brain and spinal cord problems in your baby.

**Calcium.** Helps baby's teeth, bones, heart, nerves and muscles develop.

**Vitamin D.** Helps your body use calcium. May contribute to an overall healthier pregnancy for you and baby.

**Iron.** Does many things, including helping you and your baby get enough oxygen.

### Get help quitting tobacco.

When you're smoking, your baby is smoking. You both can be free of tobacco. Talk with your PCP or prenatal provider about the services Columbia Pacific CCO offers to help you cut down or quit smoking. Or contact Quit For Life®.

- Call toll-free 800-784-8669 (800-QUITNOW)
- Visit [quitnow.net/Oregon](https://quitnow.net/Oregon)



**Get support for quitting alcohol, cannabis and other substances.**

You probably know that your baby’s body and brain will develop best when they’re not exposed to alcohol, marijuana (cannabis), opioids, methamphetamine or certain other drugs.

Are you using any of these? Programs are available to support you in reducing and quitting during pregnancy – and after.

Call the Customer Service number on your Member ID card to find a mental health and/or substance use disorder provider: toll-free 855-722-8206.

Or go online. You can find provider and crisis service information at [colpachealth.org/behavioralhealth](https://colpachealth.org/behavioralhealth)

You can also find information on our website about mental health and substance use resources.



## Months 1 to 3: First trimester

### See your dentist.

Dental appointments during pregnancy are safe – and important. Hormonal changes can increase your risk of gum problems. And because of bacteria in your mouth, your oral health affects your overall health and your baby's health.

A dental appointment will help you:

- Avoid cavities and gum problems
- Treat any cavities and gum problems
- Have a healthy delivery and healthy baby

**Need a dentist?** Check your Columbia Pacific CCO Member ID card for the phone number of your dental plan. **Tell the dental plan you're pregnant.** The clinic will try to schedule you sooner.

### Apply to WIC.

WIC, or the Women, Infants, and Children Program, is a nationwide public health nutrition program. WIC helps families with healthy food and much more.



Oregon Health Plan clients qualify for WIC if they're pregnant, postpartum (recently gave birth), breastfeeding or responsible for a child under 5 years old. (Columbia Pacific CCO is a part of OHP.)

Dads, grandparents or guardians may also apply for WIC for their children.

**Q: What does WIC do?**

**A: WIC provides:**

- Benefits to buy healthy foods
- Tips on nutrition, exercise, prenatal care, feeding kids and more
- Breastfeeding help and breast pumps for those who need them

- Classes on a variety of health and parenting topics
- Information on other services in our community

**Q: How do I apply to WIC?**

**A: Your county handles WIC applications and services. To find out more, check your county's WIC website.**

**Clatsop County WIC:**

[co.clatsop.or.us/publichealth/page/wic-women-infants-and-children](https://co.clatsop.or.us/publichealth/page/wic-women-infants-and-children)

**Columbia County WIC:**

[columbia-health.org/wic.html](https://columbia-health.org/wic.html)

**Tillamook County WIC:**

[tillamookchc.org/public-health/nutrition-for-women-infants-children-wic/](https://tillamookchc.org/public-health/nutrition-for-women-infants-children-wic/)



Months 1 to 3: First trimester

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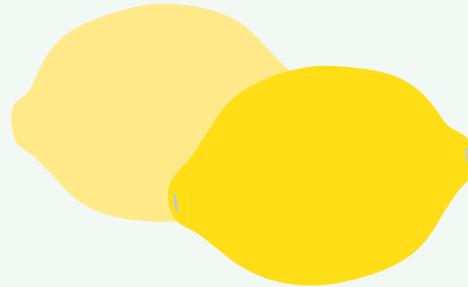
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## Growth update

Your baby was smaller than a poppy seed at Week 4. Now your baby is as big as a lemon!



**Next page: The second trimester, and your checklist for Months 4 to 6.**



# Months 4 to 6

## Second trimester

The little person inside of you is growing fast! Weeks 13 to 27 may feel like the smoothest stretch of your pregnancy. If you had morning sickness, you may start feeling better. Your typical energy may be returning, too.

However, the second trimester may bring other changes, such as:

- Leg cramps or swollen feet
- Backache
- Bleeding gums
- Heartburn
- Constipation
- Thicker hair and larger breasts

Take notes about changes you notice. Your prenatal provider wants to hear about your pregnancy experience and concerns.

### During your second trimester:

● **Re-read Months 0 to 3 in this guide.**

All those suggestions are also good for this stage of pregnancy. It's all about keeping yourself healthy, and doing your best to give your baby a healthy start in life.

### **Sign up for Text4baby.**

There's a lot to remember when you're pregnant. Text4baby sends free incoming texts that are timed to your due date. Text4baby makes it easy to get important information during pregnancy and your baby's first year of life.

To sign up: Text "BABY" (or BEBE for Spanish) to 511411 or download the app, available for iPhone and Android.

You'll get about three texts a week from experts across the country, with ideas from parents like you.

### **Schedule checkups with your prenatal provider.**

Your prenatal provider wants to see you more often now to make sure you and your baby are doing well.

At your 4-month, 5-month and 6-month checkups, keep asking questions and letting your prenatal provider know how you're doing.



**TIP: Expect health screenings. Screenings, or tests, show if you or your baby need additional support. They help your prenatal provider give the right care to you and your growing baby.**



## Counseling

Pregnancy can be both joyful and stressful. Please remember that you're not alone.

**Q: I feel overwhelmed by everything. What can I do?**

**A:** Counseling is a covered benefit for all Columbia Pacific CCO members. Ask your prenatal provider if the clinic offers a counselor on staff.

Or call the Customer Service number on your Member ID card to find a mental health provider.

Please have your Member ID card available when you call.

### Discuss a flu shot.

Ask your prenatal provider about the right timing for a flu shot. A flu shot during pregnancy will protect you, your baby and those around you!

### Make an eye appointment.

During pregnancy, you may notice your vision becoming blurry, or your contact lenses feeling uncomfortable.

Many vision changes go back to normal after your baby is born. However, the change could be due to a health problem. That's another reason to get an eye exam during pregnancy.

## Eye doctor

During pregnancy, you have vision coverage through VSP. VSP is Columbia Pacific CCO's vision care provider.

### Q: I don't have an eye doctor. How do I get an eye exam?

A: Ask VSP about eye doctors in Columbia Pacific's network. Call VSP Customer Service toll-free at 800-877-7195. Or go online: [vsp.com](https://www.vsp.com)

**TIP: The Oregon Health Plan pays for vision exams for pregnant women. It may even pay for glasses.**



### **Register for childbirth classes.**

Columbia Pacific CCO wants to help cover the cost of childbirth classes, even though they are not included on the Oregon Health Plan. Before registering for class, call Columbia Pacific CCO Customer Service to ask about available support.

### **Continue talking about healthy weight.**

Your prenatal provider will keep talking with you about a healthy food plan for you and baby, and the right amount of weight for you to gain.

### **Write out your birth plan.**

It's time to start thinking about your ideal birth experience. Making a birth plan gives you and your partner (or other birth support person) a chance to decide what's important to you. This preparation will help you approach birth calmly and confidently.

#### **Q: What's a birth plan?**

**A:** A birth plan is a written plan. It helps you talk about how you'd like labor, childbirth and postpartum care (after childbirth) to go.

When your prenatal provider knows what you'd like, they can provide better planning and support for when delivery day comes.





## Healthy relationship checklist

### Ask yourself:

Do I feel respected, cared about and nurtured by my partner, spouse or family members?

Does my partner or spouse give me space to be with friends and family?

Does my partner or spouse support this pregnancy?

If you answered “**yes**” to any of these questions, chances are your relationship is healthy. Studies show that healthy relationships lead to better health and a longer life for you, and a better life for your child.

What to do if you answered “**no**” to any of the questions? Talking with your prenatal provider is a good choice.

You are not alone. Your prenatal provider can support you and connect you to helpful programs.

### Free resources you can contact at any time:

**Call to Safety.** Call toll-free 888-235-5333, 24 hours a day. The people who answer the phones are kind and specially trained. They do not report, to anyone, anything you say.

**Loveisrespect.org.** Text anything that’s on your mind about relationships to trained advocates. The nonprofit also provides information and support to concerned friends, family and others. Text “loveis” to 22522. Open every day, 24 hours.

**myPlan app.** Download this password-protected app on a smartphone, or use the website tool. It helps with safety decisions if you, or someone you care about, is experiencing abuse in an intimate relationship.

For help, call the **National Sexual Assault Hotline** toll-free at 800-656-HOPE.

**Oregon resources, in multiple languages:**

[oregon.gov/DHS/ABUSE/ DOMESTIC/Pages/ consumers.aspx](https://oregon.gov/DHS/ABUSE/DOMESTIC/Pages/consumers.aspx)

**Oregon Guide to Domestic Violence Services:**

[ocadsv.org/find-help](https://ocadsv.org/find-help)

**211info:** This nonprofit compiles info on many social services. You can reach 211info multiple ways.

- Call the three-digit phone number: 211
- Go online: [211info.org](https://211info.org)
- Get the free 211info app

- Text the keyword “health” to 898211
- Send an email to [health@211info.org](mailto:health@211info.org)

**In a life-threatening or emergency situation, call 911.**







# Months 7 to 9

## Third trimester

Welcome to your final trimester: weeks 28 to 40! Your body is hard at work. As your baby grows during these last three months, you may feel extra tired, yet have a harder time sleeping. Your back may hurt. You may get heartburn or feel short of breath.

Be sure to let your prenatal provider know about changes you're noticing. That helps them make sure you and your baby are as healthy as possible during this final stretch.

**During your third trimester, be sure to:**

● **Make all your prenatal appointments.**

As your due date gets closer, you'll visit your prenatal provider more often. They often see patients at these points in the third trimester:

- 28 weeks (7 months)
- 32 weeks (and often 34 weeks)
- 36 weeks
- 37, 38, 39 and 40 weeks

This time together helps your prenatal provider watch over the changes that happen in late pregnancy and support you in preparing for a safe, smooth delivery.

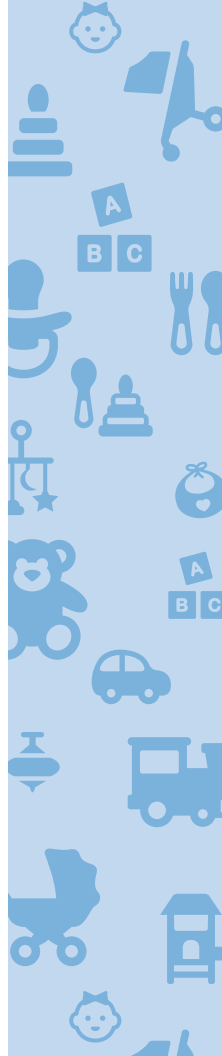
### ● **Have you seen your dentist?**

If you still need to see the dentist for a checkup and cleaning, schedule an appointment. Let the dental clinic know you're pregnant. Not sure who your dental provider is? Call Columbia Pacific CCO Customer Service. We can help connect you.

### ● **Update your phone's contact list.**

Make sure the phone number of your prenatal provider or clinic is in your phone's Contacts. Be sure family members have these numbers, too.

If you think you're going into labor, call your prenatal provider or clinic. They'll help you decide when it's time to go to the hospital. **Someone is available to talk with you every day, 24 hours.**



## Months 7 to 9: Third trimester

**TIP: if you go past your due date, it's very important to keep in close communication with your prenatal provider. A longer-than-expected pregnancy also has risks.**

**Your prenatal provider will work with you to determine if you may need help getting labor started. This is called inducing labor.**

### **Get and install a car seat.**

Take care of this a month or two before your due date, whether or not you have your own car. You must have a car seat before the birth facility will let you take your baby home.

Installing a car seat properly can be tricky. We encourage you to get a free car seat check-up from Oregon Impact or another agency that offers free safety checks.





## Car safety seat resources

Ask your hospital if it offers car seat safety classes. Some programs offer discounted or free car seats if you attend the class. Your community may offer additional car seat resources, too. Or, call Columbia Pacific CCO Customer Service and ask if we can help.

More car safety seat info:

[safekids.org/ultimate-car-seat-guide/](https://safekids.org/ultimate-car-seat-guide/)

**Q: What direction should the car seat face?**

**A:** By Oregon law, infants and toddlers must ride facing the rear window until they are 2 years old.

**Q: Where does my baby ride?**

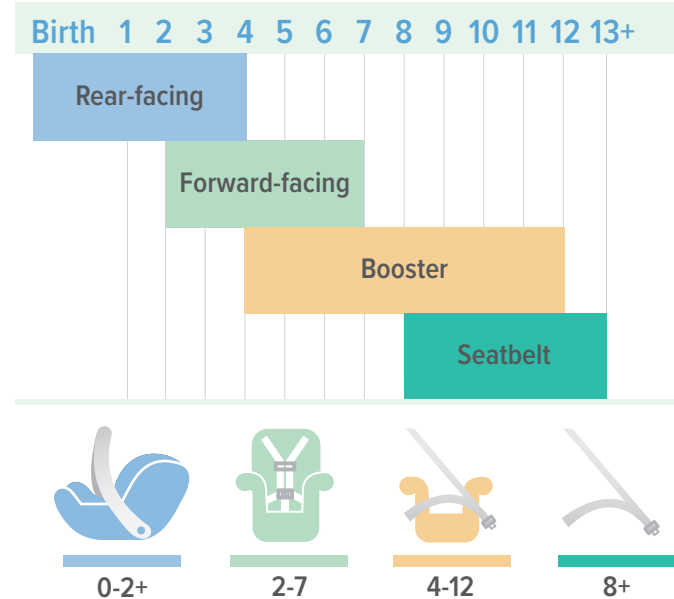
**A:** By Oregon law, newborns must sit in the back seat if the vehicle has a front air bag.

Months 7 to 9: Third trimester

**TIP:** In a rear-facing seat, the safety seat straps should thread through the seat at your baby's shoulders, or just below them.

The chest strap needs to be in line with your baby's armpits. This puts the strap over the ribs, and not the stomach.

Recommended car seats based on your child's age (in years) and size



[oregon.gov/odot/Safety/Documents/CSS\\_Brochure\\_ENG\\_2018.pdf](https://oregon.gov/odot/Safety/Documents/CSS_Brochure_ENG_2018.pdf)

 **Talk with your prenatal provider about birth control.**

Now's a good time to pick the right birth control so it's ready to use after the baby arrives. Even if you'd like more children, it's important to give your body “for you” time to recover between pregnancies.

Everyone's different, and birth control needs often change over time. Tell your prenatal provider your goals and concerns about birth control. Most birth control options are safe during breastfeeding.

**Three good sources about family planning choices**

*[bedsider.org](https://www.bedsider.org)*

Bedsider is a free online birth control support network for women 18-29, operated by Power to Decide.

*[reproductiveaccess.org/contraception](https://reproductiveaccess.org/contraception)*

Find clear facts sheets describing pros, cons and effectiveness of different birth control options.

*[womenshealth.gov/a-z-topics/birth-control-methods](https://www.womenshealth.gov/a-z-topics/birth-control-methods)*

This group offers a wide range of programs and activities to support women's health in the U.S.

**Q: Do my benefits include birth control?**

**A: Yes!** Columbia Pacific CCO covers many types of birth control. You'll have \$0 out-of-pocket cost for the covered methods.



**Some reversible birth control options**

- Patch
- Vaginal ring
- IUD (like Mirena or Paragard)
- Arm implant
- Injection (like Depo)
- Pill

**Tubal ligation**

If you're sure you'll never want another pregnancy, talk with your prenatal provider about tubal ligation. This surgery – often called

“having your tubes tied” – keeps you from becoming pregnant again. Columbia Pacific covers tubal ligation.

**About condoms**

Certain condoms protect you against sexually transmitted diseases. The Oregon Health Plan doesn't cover condoms, but it's important to use them to protect yourself against STDs.

**Make sure your condoms provide STD protection:**

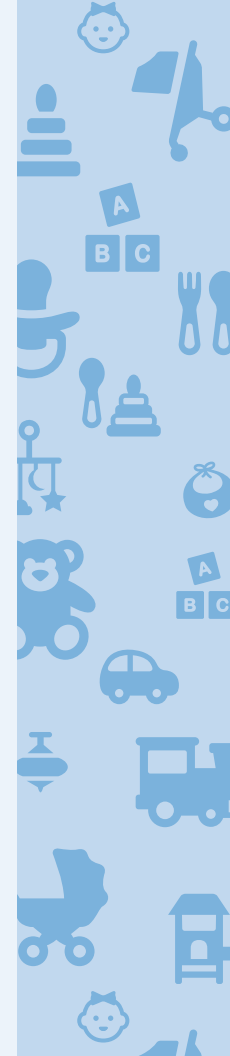
1. Use latex or polyurethane condoms. Tests show that latex and polyurethane condoms (including the female condom) can prevent the passage of the HIV, hepatitis and herpes viruses. Natural (lambskin) condoms may not do this.
2. Does the package say the condoms are to prevent disease? If the package says nothing about preventing disease, the condoms may not offer that protection.
3. Avoid novelty condoms. Novelty condom packages say nothing about

preventing pregnancy nor preventing disease. They're meant only for sexual stimulation.

**Spacing your pregnancies**

Hoping for more children?  
Give your body time to recover between pregnancies.

It's best to wait 18 to 24 months before trying for your next pregnancy. Research shows this spacing reduces the risk of pregnancy complications and other health problems. Check with your prenatal provider about any questions you may have!



 **Pack your hospital bag.**

Labor can come on quickly. And babies do not always wait for their due date. A month or two before your due date, fill a bag with the items you'll want at the hospital before and after you have your baby. Here are items parents often like to pack:

- A headband, clip or hair ties
- Toothbrush and toothpaste
- Warm socks
- A button-up or zippered sweatshirt or sweater
- Clothes you'll wear home from the hospital
- Clothes the baby will wear home

- List of the medications you're taking – name, dose and frequency – so you can confirm the facility has the right information in your chart. (You don't need to pack your medicines. The birth facility will provide them. Just bring the detailed list.)
- A copy of your birth plan

Remember the baby's car seat, and your cell phone and charger, too. You'll need the car seat to be able to take your baby home.

Note: Hospitals often provide diapers and other immediate necessities for you and your newborn.

**Q: What should I do when I think I'm going into labor?**

**A:** Call your prenatal provider. Call any time of day or night. The clinic will help you decide when it's time to go to the hospital.

You don't need a prior authorization – an OK from Columbia Pacific CCO – before you go to the hospital to deliver your baby.

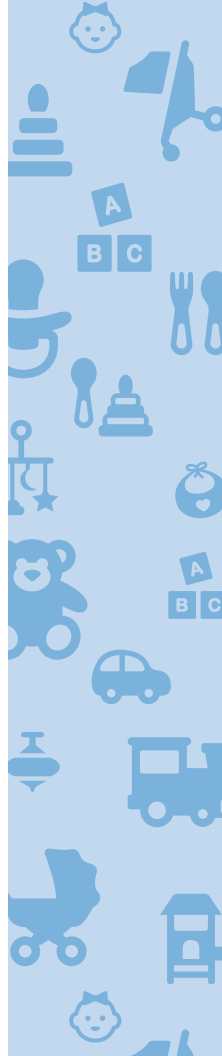


**Look into breastfeeding support.**

You'll have a chance at the hospital to talk with a breastfeeding expert, or "lactation specialist." Lactation specialists will answer your breastfeeding questions and help you successfully nurse your baby.

**Breastfeeding questions before your baby is born?**

- Call the hospital
- Check online info: [aeroflowbreastpumps.com/resources](https://aeroflowbreastpumps.com/resources)
- Contact your county's WIC program
- County info: See Page 31



## OHP and your baby

You or the hospital must add your baby to the Oregon Health Plan within 30 days of birth. OHP needs to be told your baby has been born.



### **Q: How does my baby get on the Oregon Health Plan?**

**A:** Often, your hospital will send a **Newborn Notification Form** to OHP. If the hospital doesn't take care of that, call **Columbia Pacific CCO Customer Service** and ask for a copy of the form.

You can bring this form to the newborn appointment.

Later, you may want to check that your baby's health plan is the same as yours.

Or, you can update OHP about your status and your newborn's birth in any of these ways:

- Call OHP toll-free at 800-699-9075
- Log-on or create a ONE account to update information: [one.oregon.gov](https://one.oregon.gov)
- Email updates and questions to: [oregon.benefits@dhs.oregon.gov](mailto:oregon.benefits@dhs.oregon.gov)



When emailing, write your request in the email's "subject" line (e.g. "birth of baby" or "pregnancy status change"). In the email itself, include key information: full name, health ID and phone number where you can be reached.

**Remember: Your baby is NOT automatically enrolled in OHP.**

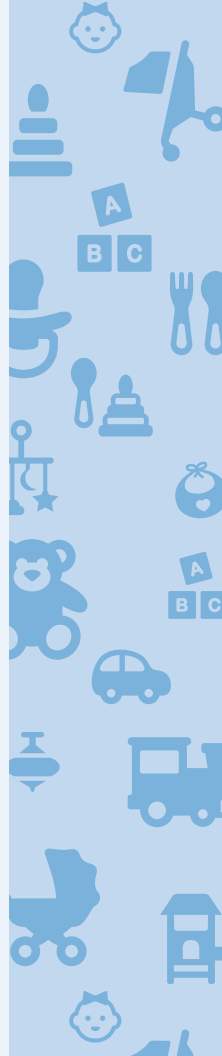
**Make a postpartum appointment.**

Postpartum care is an important part of the care you receive. Soon after your baby is born, we want to make sure you have the support to continue taking good care of yourself.

Your PCP or prenatal provider will want to see you within 12 weeks after you have your baby. (That's 7-84 days after your baby's birth.) This helps you and your provider know if your body is healing well.

The postpartum visit is a great time to check in again about:

- Your future family plans
- What birth control is right for you
- Any physical or emotional changes you've experienced
- Breastfeeding support and resources



## Months 7 to 9: Third trimester


### **Find a PCP for your newborn.**

Babies need to be seen by their own PCP during the first week after they are born. If your own PCP also sees children, you can ask them to be your baby's PCP.



Or, if you prefer, your baby can see a pediatrician – a doctor who specializes in infants, children and teenagers. Call Columbia Pacific CCO for help finding a pediatrician, or check our online provider directory.

**TIP: Family practice clinics see both adults and children. PCPs in family practice clinics can be family medicine doctors, family nurse practitioners or physician assistants.**

 **Reapply for your Oregon Health Plan coverage.**

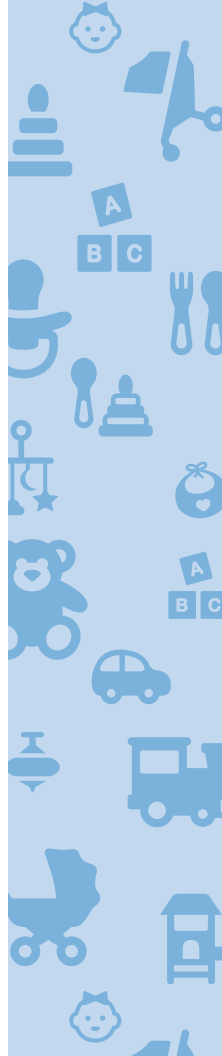
After babies are born, most women covered by the state have at least 60 more days of health coverage. This gives you enough time to:

- See your PCP or prenatal provider for postpartum appointments
- Ask OHP to continue covering you
- Make sure that your newborn is covered
- See your dentist and vision provider

For more info, go to [oregon.gov/oha](https://www.oregon.gov/oha)

**Call your prenatal provider if you:**

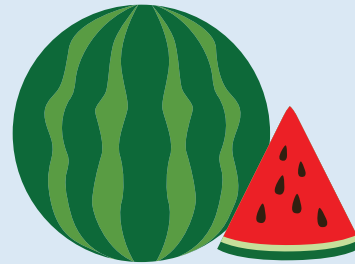
- Are considering going to urgent care or emergency because of a symptom or other concern that is not a life-threatening situation.
- Are thinking about taking an over-the-counter medicine. Before you take it, ask your prenatal provider if it's safe during pregnancy.
- Have immediate concerns about your health, or your baby's health, and they cannot wait until your next appointment.





## Growth update

You've reached the final trimester: weeks 28 to 40! Your baby will grow from the size of a cauliflower in Week 28 to the size of a watermelon in Week 40.



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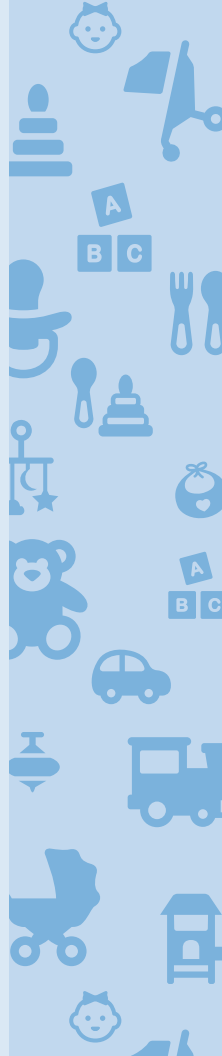
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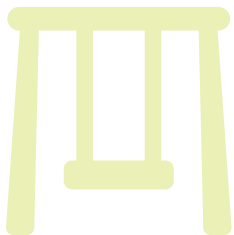
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## CareBaby

As your pregnancy ends, and your baby is born, please keep this in mind: Columbia Pacific CCO and many others in the community are here to support you.

We wish you and your baby all the best!



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## Contact us

We're open 8 a.m. to 5 p.m.  
Monday through Friday.

**Customer Service:** 503-488-2822,  
toll-free 855-722-8206 or TTY 711

**Text message:** 503-488-2886

**Secure message** us at:  
[colpachealth.org/portal](https://colpachealth.org/portal)

**CareBaby webpage:**  
[colpachealth.org/carebaby](https://colpachealth.org/carebaby)

