



Some of your
first steps
are the most
important.

No one knows what causes some birth defects. But we do know that certain things can help you have a healthy baby. Follow these simple tips:

- Get enough folic acid every day before and during pregnancy
- Don't smoke, use recreational drugs or drink alcohol while pregnant
- Prevent infections
- Avoid harmful medications and chemicals
- Get regular prenatal care
- Eat right
- Keep your vaccinations up to date

➤ January

Women's health & maternity care

For extra support, tap into Moda's free one-on-one health coaching program called Women's Health and Maternity Care.*

To talk with a health coach, call us toll-free at 877-277-7281 or email careprograms@modahealth.com. TTY users, please call 711.

♥ *get your health on*

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