



# Yes! I am planning to have a baby.

I am pregnant or plan to become pregnant soon.

What should my doctor and I talk about?

- Health problems you have such as (sugar) diabetes, high blood pressure, asthma or infections.
- Any medicines you are taking including home remedies, herbs and supplements.
- What about douching?
- Should you take a multi-vitamin with folic acid every day?
- What about your weight?
- What about alcohol, smoking and illicit drug use?
- Are there chemicals or products at home or work you should avoid?
- How can you lower stress and take good care of yourself?
- How long should you wait between pregnancies?
- Your family health history, including premature births.

Adapted from materials courtesy of the March of Dimes.

Are there other things besides my health I should think about?

- Do you have the support of your partner, family and those around you?
- Does your health plan pay for programs to help you stop smoking? Call the number on your ID card.
- Are there other kinds of help or support you can get?
- On average it costs about \$260,700 to raise a child from birth to age 17.

For more information contact:

- March of Dimes [www.marchofdimes.com](http://www.marchofdimes.com) 248-359-1550
- CDC [www.cdc.gov/LifeStages/](http://www.cdc.gov/LifeStages/) click on *Pregnancy*
- American College of Obstetricians and Gynecologists [http://www.acog.org/publications/patient\\_education/bp056.cfm](http://www.acog.org/publications/patient_education/bp056.cfm)
- Your local health department [www.michigan.gov/mdch](http://www.michigan.gov/mdch) click on *local health department map*

To stop smoking:

- American Cancer Society [www.cancer.org](http://www.cancer.org) click on *Guide to Quit Smoking*
- American Lung Association [www.lungusa.org](http://www.lungusa.org) click on *Freedom from Smoking*
- MDCH QUITLINE (800) 480-7848

To eat better:

- [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)
- [www.michiganstepsup.org](http://www.michiganstepsup.org)
- [www.fns.usda.gov/wic/](http://www.fns.usda.gov/wic/)

Provider Information: \_\_\_\_\_



# I want to decide my own future. I can choose to wait until I'm ready to have a baby.

## What do I need to know about birth control?

There are many kinds of birth control. You and your health care provider can choose the one that fits how you live.

Talk to your doctor about:

- How safe is it?
- How well does it work?
- How easy is it to use?
- What things might cause it to work less well or not at all?
- Will you remember to take it every day, or would birth control that lasts longer work better for you?
- Does it fit your budget?

## How do I plan to wait until I'm ready to get pregnant?

You can ask your health care provider about your birth control choices. No matter what type of birth control you choose, regular visits with your doctor are important. Make sure you understand how to use your birth control. Ask if it is still the best birth control choice for you.

## What if I am not sure my birth control worked, or I forgot to use my birth control?

Emergency contraception can be taken within five days to prevent pregnancy. Ask your doctor or pharmacist. It is meant as backup birth control only. It is not as effective as the correct and consistent use of birth control.

## What about cost?

If you are worried about how to pay for your birth control, tell your doctor cost is a concern for you. If you have a health plan, call the number on your card.

On average it costs about \$ 260,700 to raise a child from birth to age 17.

## Will my birth control keep me from getting a sexually transmitted disease (STD)?

NO. However if you are sexually active, using condoms **and** other birth control methods **together** will greatly reduce your risk of pregnancy and STDs, including HIV/AIDS.

## Not having sex is the only guarantee against pregnancy and STDs, including HIV/AIDS.

The only way to be sure you won't get pregnant is not to have sex. Using birth control the right way and every time you have sex will make it much less likely you will become pregnant accidentally.

## FOR MORE INFORMATION :

Michigan Medicaid [www.michigan.gov/mdch](http://www.michigan.gov/mdch) click on *health care coverage*

PlanFirst 1-800-642-3195

Your DHS office [www.michigan.gov/dhs](http://www.michigan.gov/dhs) click on *county offices*

Your health department [www.michigan.gov/mdch](http://www.michigan.gov/mdch) click on *local health department map*

Local Planned Parenthood at (800) 230-PLAN or [www.plannedparenthood.org](http://www.plannedparenthood.org)

Provider Information: \_\_\_\_\_