



## **First Trimester**

For the best possible care for you and your baby, we advise you to visit your primary care physician, obstetrician, or midwife during the first trimester (Weeks 1-12 of pregnancy or within 42 days of enrolling in Capital Health Plan) and then as recommended for the rest of the pregnancy. Early and ongoing care during pregnancy can improve outcomes and allow your health care provider to better manage your condition. Your health care provider will coordinate tests and screenings during your pregnancy. It is important that you complete any labs or tests that are ordered.

While your obstetrician or midwife will manage your pregnancy and delivery, any medical conditions not related to your pregnancy will continue to be managed by your Primary Care Physician.

## **Second Trimester**

The second trimester of your pregnancy spans from week 13 to week 27 of your pregnancy. You may find that the second trimester is the easiest part of pregnancy because some of the first trimester pregnancy conditions (morning sickness and fatigue) may lessen or disappear.

If this is your first pregnancy, you'll begin to feel the baby move at about 18 to 22 weeks after your last menstrual period (LMP). If you've been pregnant before, you may notice movement earlier, sometime between weeks 16 and 18.

Monthly visits with your obstetrician are encouraged during this time, so that your health care provider can monitor you and your growing baby.

## **Third Trimester**

The third trimester of pregnancy spans from week 28 to the birth. Although your due date marks the end of your 40th week, a full-term pregnancy can deliver between the 38th and the 42nd week of pregnancy.

## **Postpartum**

One of the most important visits for a woman is the six-week check-up after delivery. For most women, having a new baby is a big life change and takes emotional and physical adjustment. At the six-week visit, your doctor will ensure that you are healing well from the delivery as well as handling all of these new adjustments properly. Make sure you don't neglect your own health during this busy time -- make an appointment for your postpartum visit for a check-up sometime between 3 to 6 weeks after delivery.