



A Healthy Heart for You and Your Baby

Take care of your heart during pregnancy to keep you and your baby healthy. Here's how:

- Get early and regular prenatal care.
- Eat a heart-healthy diet with plenty of fruits, vegetables, beans, and lean proteins.
- Move your body for 30 minutes most days (check with your doctor first).
- Avoid tobacco, alcohol, and drugs.
- Know the warning signs of high blood pressure: Headache, chest pain, swelling in face or hands, vision changes, and sudden weight gain.

Small steps today can help you and your baby stay healthy.

Contact Bright Start® at **1-888-913-0327** for support and helpful resources, including home visits for breastfeeding and education, and a free Pack 'n Play if you need a safe place for your baby to sleep.

Earn CARE Card rewards for prenatal and postpartum visits. Visit **www.amerihealthcaritasla.com/carecard** or call **1-888-756-0004** for more information.



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