

Prenatal Care

1st Trimester



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Prenatal Program

For us at Triple-S Salud your care before the birth of the baby, as well as after delivery, is especially important. That is why we have developed a program aimed at educating you how to stay healthy during pregnancy and guiding you on your baby's development and care. In addition, to provide you with the necessary clinical services so that you can have a successful pregnancy.

Prenatal Program

- You will have the opportunity to participate in educational activities offered by health educators and nutritionists. To learn about the calendar of educational activities, please call (787)706-2552 or send an email to commercialclinicalmanagement@ssspr.com. Also, you can access it through the Triple-S Health Line Portal on ssspr.com.
- You will be able to choose a Triple-S Salud participating obstetrician. The obstetrician will inform Triple-S Salud that you selected him/her for your pregnancy care and then register you with the Triple-S Prenatal Program.
- The obstetrician will give you follow-up appointments for your prenatal care.

Program Benefits

- Education on care during pregnancy and after childbirth.
- Medical care during pregnancy and postpartum visit
- Medications related to your pregnancy.
- Oral care (cleaning and dental examination every 6 months).
- If any health problems or complications arise during your pregnancy, you will have the Prenatal Clinical Management Analyst's service available to guide you.
- Screening Tests.
- PAP Smear.
- One obstetric sonogram.

Procedures requiring pre-authorization by Triple-S Salud:

- Second obstetric sonography
- Amniocentesis
- Biophysical profile (BPP)
- Nonstress test (NST) at the obstetrician's office
- Fetal echocardiography
- Sterilization at the time of delivery or Cesarean Section (if in compliance with requirements)

Now that you are pregnant in your first trimester

Go to your medical appointments during pregnancy and talk to your doctor about these tests that are part of your prenatal care and he/she will tell you the steps to take.

- CBC
- Blood type and group
- Rh factor incompatibility test (see note)
- Glycosylated hemoglobin (HbA1C, to measure blood sugar)
- German measles antibody test (Rubella)
- VDRL/RPR (syphilis)
- HIV
- Chlamydia
- Gonorrhea
- Hepatitis B
- TSH (test to evaluate thyroid gland function)
- Zika virus screening test
- Pap smear
- Urine tests
- Sonogram
- Addictions screening test (4Ps Plus)
- Dental and nutritional assessment

Note: Incompatibility with the Rh factor can be avoided almost entirely through an injection known as RhoGAM. It is applied to pregnant women who are Rh negative, and the baby is Rh positive. The purpose of the injection is to prevent the development of Rh-positive blood antibodies. When the baby's father is Rh positive, the mother is given an injection of RhoGAM during the second trimester. If the baby is Rh positive, the mother will receive a second injection a few days after delivery.

Physical and emotional changes

During pregnancy, you will notice some physical and emotional changes that you should know about:

- Lack of menstruation
- Changes in skin, hair and nails
- Constipation
- Breast sensitivity
- Varicose veins
- Tiredness and desire to sleep
- Heartburn
- Desire to urinate frequently
- Mood changes: low self-esteem, depression during and after pregnancy

1st Trimester

Signs and symptoms that you should consult with your doctor

- Pains in the lower abdomen and back, accompanied by bleeding
- Severe diarrhea and vomiting
- Burning sensation when urinating
- Fever or any symptom that includes high temperature
- Decreased baby movement for more than 24 hours
- Premature contractions
- Strong headache
- Dizziness and blurred vision
- Loss of amniotic fluid
- Swelling in the hands, face and legs

Recommendations

- Attend your health care appointments: obstetrician/gynecologist, nutritionist, dentist or specialists.
- Keep a healthy diet and take vitamins during pregnancy.
- Do not use alcohol, cigarettes or other drugs during pregnancy.
- Do not take medicines without talking to your doctor.
- Perform physical activities.
- Wear comfortable clothing and shoes.
- Rest

Risk Factors

DURING PREGNANCY YOU SHOULD BE ALERT TO THE FOLLOWING RISK FACTORS:

Pre-existing diabetes or during pregnancy

Diabetes occurs when the body does not produce a sufficient amount of insulin or cannot use the amount it produces.

-Pre-existing: The woman already had diabetes before she got pregnant.

-Diabetes during pregnancy: Insulin resistance develops due to pregnancy hormones.

Pregnancy outside the womb

It occurs when the fetus begins to grow outside the uterus, usually in one of the fallopian tubes, but it can also be in the ovaries, cervix, or organs inside the abdomen. It can cause abdominal pain from the growth of the fetus in the tube or from bleeding inside the abdomen. Pregnancy outside the uterus should be treated through surgery with medications.

Anemia

It is one of the most common conditions during pregnancy. Anemia is associated with a low amount of iron in the blood and affects bringing oxygen and nutrients to the baby.

Asthma

It is characterized by swelling and obstruction of the airways, decreasing their size, decreasing the inflow and outflow of the air into the lungs. It is important to keep the condition under control before you become pregnant, in the beginning and during pregnancy. Your symptoms may become stronger between 29 and 36 weeks, if the condition is out of control, endangering pregnancy.

Preeclampsia or chronic hypertension caused by pregnancy

Preeclampsia or chronic hypertension during pregnancy is high blood pressure. It is when the heart exerts greater force to push blood through the arteries. If you have preeclampsia during pregnancy you may not have symptoms or be related with severe swelling in your legs, hands and face, headache and even worse, seizures. In addition, to present large amounts of protein in the urine. This condition prevents the placenta from providing oxygen and blood to the baby, causing low weight, poor growth, among other problems. If this condition is not treated in time it can affect the life of the mother and baby.

Risk Factors

Urine Infections

These infections can be common during pregnancy, but if they are not treated quickly, they can cause premature births.

Toxoplasmosis

It is a disease caused by a parasite, which rarely has symptoms, but can cause serious physical and mental problems for the baby. It is recommended to cook food well, not eat them raw, wash your hands before eating and try not to be in contact with the soil and excrement of pets, especially cats.

Sexually Transmitted Infections such as: Syphilis, Herpes, Gonorrhea, Chlamydia, HIV, Hepatitis

These sexually transmitted infections can pass to the baby during childbirth, so it is important to get the right treatment to decrease the likelihood of infection. For active herpes infections or newly diagnosed or poorly controlled HIV, the recommendation is to perform a Cesarean Section.

Nutrition during pregnancy

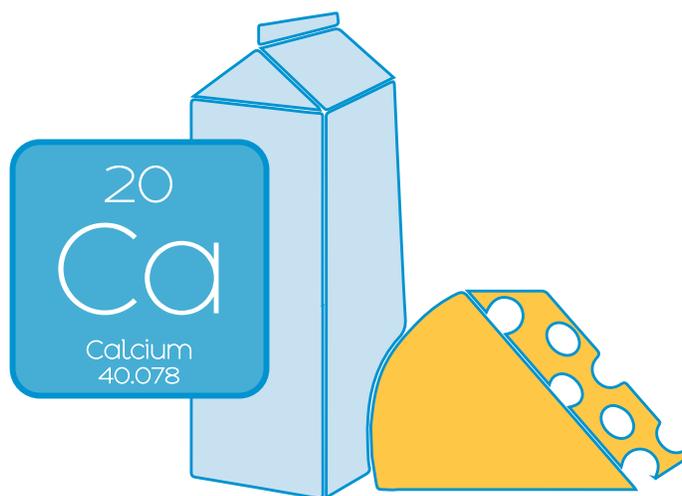
Good nutrition is the fundamental basis of a healthy pregnancy. If you eat properly you can avoid complications and it will give your baby all the nutrients necessary for his/her growth and development.

Nutrition in the First Trimester:

- Always make three meals a day, because when you skip a meal you can feel acidity and reflux. Avoid having an empty stomach for a long time. Having three meals and three snacks will help you better distribute the total calories you need during the day.
- Eat a variety of all food groups in portions that are right for you to receive nutrients that are important to you and your baby. It is important to visit a nutritionist –dietitian for guidance.
- Select ready-to-eat cereals: hot cereals, breads, potatoes, biscuits and whole meal pastas. Check in the label that iron and folic acid have been added to these foods.
- Paint your plate with colors. Include vegetables in your diet and do not forget the green, red and orange ones such as: broccoli, lettuce, tomato, carrot, pumpkin, spinach and pepper.
- Eat fruits every day; they are low in fat, high in fiber and vitamins. Consider fruits as dessert or snack at any time of the day. If you drink juices, select those that are 100% juice, no added sugar.
- Eat milk-based foods, fat-free or with 1% fat. During pregnancy the body needs more calcium to ensure bone formation and baby growth.

High calcium foods:

- Cheeses
- Yogurt
- Ice Cream
- Cereals with added calcium
- Juices with added calcium



Nutrition during pregnancy

When eating meats, consider low-fat meats. Remove the fat you see and remove the skin to reduce fat from food.

Meat and substitutes:

- Chicken
- Beef
- Pork
- Fiss
- Eggs
- Tofu
- Soy
- Chickpeas
- Nuts
- Beans

-You should avoid eating fish such as shark, swordfish, marlin, as they can contain a high amount of mercury. Consuming this contaminant during pregnancy can affect your baby's nervous system and development. Other foods such as: shrimp, salmon, codfish, dorado, tuna (fresh or canned) and grouper should not be eaten more than once a week.

-If you visit a fast food select small combos, do not ask to for the larger combos, and avoid fried foods. Choose salads with low-fat dressings as companions and prefer water as your drink.

-Avoid eating salty, sweet, fried foods and drinking soft drinks and other caffeinated products.

-You should drink enough water, which will help reduce constipation and the risk of urine infections, which commonly occur during pregnancy. It is recommended to drink 8 glasses of 8 ounces of water daily. If in doubt, see your doctor.

-Try not to eat foods that are high in fat because they can feel heavy in your stomach and further affect your heartburn and reflux symptoms.

-In addition, foods that have a lot of sugars and fats increase calories and can make you gain more weight than you expect in your pregnancy.

-Take the vitamins recommended by your doctor, as these help your baby's development.

Remember, folic acid is an important vitamin for the formation and growth of the baby; it helps prevent birth defects, such as: spina bifida, Down Syndrome or cleft palate. Another benefit of folic acid is that the baby's nervous system develops healthier. Folic acids can be found in foods such as: liver, spinach, broccoli, asparagus, roman lettuce, banana, orange, mango, strawberries and cereals to which this vitamin has been added. But because it is difficult to get the necessary amount (600 mcg-daily) in foods, it is recommended to consume it through vitamins.

Physical activity during pregnancy

PHYSICAL ACTIVITY

Physical activity is regularly necessary to maintain a healthy pregnancy (walking, swimming, yoga, among others). This can help you:

- Bring oxygen to the placenta, which benefits the baby.
- That you and your baby gain the right amount of weight
- Avoid or control health conditions.
- Relieve discomfort
- Improve fitness, mood and sleep.
- Recover from childbirth and return faster to your healthy weight.
- *You should consult your doctor before starting any physical activity.

Oral Health and Pregnancy

It is important that during pregnancy you pay attention to your oral care. Having good oral health can prevent complications such as: gum inflammation and bleeding. Although it is common for your gums to swell and bleed a little during pregnancy, you should be alert because hormones during pregnancy cause an increase in certain bacteria.

Gum disease by causing infections and inflammation is linked to different damage such as premature births, smaller babies and low birth weight.

Tips to avoid problems with teeth and gums:

- Brush your teeth with a toothpaste with fluor at least twice a day.
- Brush them gently, using a soft bristle brush. If you are very sensitive, try using a special toothpaste for sensitive teeth.
- Floss daily, if possible after each meal.
- Do not eat too many sweets, they contribute to cavities and gum diseases.
- Visit your dentist at least every 6 months for cleanings and be sure to have a dental exam early in your pregnancy.

Remember to tell your dentist what month of pregnancy you are in when you make your appointment.



To have a healthy baby...

Stay away from drugs, including alcohol, during pregnancy. Everything the pregnant woman consumes is passed to the baby through the placenta; so, if you take some drugs, they reach the baby causing possible physical or mental damage.

Fetal Alcoholic Syndrome

Babies with this syndrome are often born underweight and are at increased risk of intellectual disability. Other possible effects of drinking alcohol during pregnancy include: defects in the face, damage to the nervous system and heart. Also, babies may have problems during growth and development, such as: difficulties in movement, hyperactivity, aggression, and attention, learning, and behavioral problems. These effects can last a lifetime, so treatment is recommended, according to your needs.

Other consequences of drinking alcohol include:

- Abortions
- Stillborn babies.
- Deaths of babies during their first year of life.
- The productivity and effectiveness of breast milk is affected, causing other complications in infant's development.

Use of other drugs

Using other drugs during pregnancy affects the oxygen and nutrients your baby receives, which can cause:

- Retardation or cerebral paralysis
- Sight and hearing problems
- Urinary tract problems
- Poor development of the head and brain.
- Speech problems
- Learning and reflexes problems
- Irritability, insensitivity, a lot of crying and other common symptoms in adults who break the vice.
- Difficulty establishing the relationship between mother and child and in the emotional development of the baby.
- Respiratory and heart problems
- Increased risk of Sudden Infant Death Syndrome



Pregnant insured

If you have any questions, you can call the Clinical Management Unit at:

(787) 706-2552

"Now that you are pregnant, you need to take more care of yourself because your baby senses everything you feel. Lead a healthy life and maintain a good mood to make your baby a happy boy or girl."

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Notice: Informing Individuals about nondiscrimination and access requirements and the declaration of nondiscrimination: Discrimination is Against the Law.

Triple-S Salud complies with applicable federal civil rights laws and does not discriminate, excludes individuals or treats them differently on the basis of race, color, national origin, age, sex or disability. Triple-S Salud:

- Provides free auxiliary mechanisms and services to people with disabilities to effectively communicate with us, such as:
 - o Certified Sign Language interpreters,
 - o Information written in other formats (large print, audio, accessible electronic formats, among others).
- Provides free translation services to people whose first language is not Spanish, such as:
 - o Certified interpreters,
 - o Information written in other languages.

If you need to receive these services, contact a Service Representative. If you consider that Triple-S Salud, Inc. has not provided these services or otherwise discriminated against you on the basis of race, national origin, color, age, sex or disability, please contact:

Service Representative

PO Box 363628, San Juan, PR 00936-3628
Telephone: (787) 749-6060 or 1-800-981-3241
TTY: (787) 792-1370 o 1-866-215-1999
Fax: (787) 706-2833
E-mail: TSACompliance@sssadvantage.com

You can file your complaint in person, by mail, fax or email. If you need help filing your complaint, a Service Representative is available to help. You can file your civil rights violation complaint with the U.S. Department of Health and Human Resources, Office of Civil Rights electronically through their portal: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, by mail, or by telephone at: 200 Independence Ave, SW Room 509F, HHH Bldg Washington, D.C. 20201 Telephone: 1-800-368-1019, TDD: 1-800-537-7697

Call the customer service number on your ID card for assistance.

請撥打您 ID 卡上的客服號碼以尋求中文協助。

Gọi số dịch vụ khách hàng trên thẻ ID của quý vị để được hỗ trợ bằng Tiếng Việt.

한국어로 도움을 받고 싶으시면 ID 카드에 있는 고객 서비스 전화번호로 문의해 주십시오.

Para sa tulong sa Tagalog, tumawag sa numero ng serbisyo sa customer na nasa inyong ID card.

Обратитесь по номеру телефона обслуживания клиентов, указанному на Вашей идентификационной карточке, для помощи на русском языке.

ةيبرعلا ةغللاب ةدعاسملا بلع لوصحلل كتيؤه ةقاطب بلع دوجوملاء المعلا ةمدخ مقرب لصتا

Rele nimewo sèvis kliyantèl ki nan kat ID ou pou jwenn èd nan Kreyòl Ayisyen.

Pour une assistance en français du Canada, composez le numéro de téléphone du service à la clientèle figurant sur votre carte d'identification.

Ligue para o número de telefone de atendimento ao cliente exibido no seu cartão de identificação para obter ajuda em português.

Aby uzyskać pomoc w języku polskim, należy zadzwonić do działu obsługi klienta pod numer podany na identyfikatorze.

日本語でのサポートは、IDカードに記載のカスタマーサービス番号までお電話でお問い合わせください。

Per assistenza in italiano chiamate il numero del servizio clienti riportato nella vostra scheda identificativa.

Rufen Sie den Kundendienst unter der Nummer auf Ihrer ID-Karte an, um Hilfestellung in deutscher Sprache zu erhalten.

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Enjoy every stage of your pregnancy and
remember that in Triple-S Salud we are here to
guide you. Call us at
787-706-2552