

# Maternity Care Checklist

*Ensuring a Smooth Journey  
from Prenatal to Postpartum*

## 1st TRIMESTER



### First Trimester Prenatal Check-ups

- Schedule first prenatal visit
- Prepare questions for the first prenatal visit
- Start taking prenatal vitamins
- Avoid certain substances such as alcohol and tobacco and drugs (including marijuana)
- Discuss and plan for any special medical conditions or concerns
- Make lifestyle changes (such as getting regular exercise and maintaining a healthy diet) to support a healthy pregnancy.
- It is also recommended to have a
  - Flu shot
  - PAP smear
  - prenatal screening test

### Insurance and Financial Planning

- Review Maternity Coverage in Your Health Insurance Policy
- If no insurance, contact our Eligibility Department for help applying for Medicaid/CHIP or a Marketplace Medical Plan
- Apply for WIC

## 2nd TRIMESTER



### Second Trimester Prenatal Check-ups

- Schedule regular prenatal visits and ultrasound appointments
- Genetic testing (optional)
- Drink plenty of water 2-3 liters per day
- Exercise with caution
- Think about what you want to do for birth control after having the baby

### Insurance and Financial Planning

- Explore maternity leave and disability benefits if applicable

**TO APPLY  
FOR MEDICAID/CHIP  
YOU WILL NEED**

### FOR COVERAGE DURING PREGNANCY

ID or Passport  
Proof of income

Proof of address  
Proof of pregnancy

To set up an appointment, please contact us:  
**(214) 540-0300**



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## 3rd TRIMESTER



### Third Trimester Prenatal Check-ups

- Continue regular prenatal visits
- Finalize birth plan if applicable
- Taking childbirth education classes
- Discussing pain management options with a healthcare provider
- Get TDAP and RSV vaccines.
- Prenatal labs include diabetes screening.
- Do a hospital tour of where you want to give birth
- Find a pediatrician for your baby

### Preparation Paperwork

- Gather Essential Documents Before Delivery
  - Identification (Driver's License, Passport, etc.)
  - Health Insurance Information
  - Hospital Registration Forms

## POSTPARTUM



### Postpartum Check-ups

- Set Up a Pediatrician
- Schedule First Baby Check-ups (2 days, 2 weeks, and 2 months after birth)
- Postpartum visit at 2 and 6 weeks after the baby is born.

### Postpartum Paperwork

- Complete Birth Certificate application
- Complete Social Security application
- Update Health Insurance to Include Newborn in Coverage

**TO APPLY  
FOR MEDICAID/CHIP  
YOU WILL NEED**

### FOR NEWBORN COVERAGE

Newborn Birth Facts (provided at the hospital)

\*Make sure to apply within 30 days of the baby's birth\*

For help with applying for coverage, please contact us:  
**(214) 752-8204 | [all-eligibility@lbucc.org](mailto:all-eligibility@lbucc.org)**

