

YOUR MEMBER BENEFITS

As a member of InterCommunity Health Network CCO, you have a number of free women's health benefits.

Preparing for childbirth

- Pre-natal vitamins
- Begin prenatal care in the first 3 months of your pregnancy
- Childbirth education classes such as childbirth preparation, lamaze, and breastfeeding

Family planning

- Family planning visits (physical exam and birth control education)
- Contraceptive supplies, such as birth control and condoms
- Sterilization services (tubal ligations and vasectomies)

Related services

- Pap smear
- Pregnancy test
- Screenings for sexually transmitted diseases (STDs)
- Testing and counseling for AIDS and HIV

QUESTIONS ABOUT YOUR BENEFITS?

We are here to help you! Call us in Corvallis at 541-768-4552 or toll-free at 1-800-832-4580 (TTY 1-800-735-2900), 8 a.m. to 8 p.m. Monday through Friday.

InterCommunity Health Network CCO
815 NW Ninth Street, Corvallis

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WOULD YOU LIKE TO BECOME PREGNANT IN THE NEXT YEAR?



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OUR MEMBERS. OUR NEIGHBORS.

WOULD YOU LIKE TO BECOME PREGNANT IN THE NEXT YEAR?



YES

The most critical time to prevent problems in your pregnancy is before you even know you are pregnant. Talk to your health care provider about your desire to become pregnant, and get screened for health problems that can affect your pregnancy.

If you want to get pregnant soon:

- STOP smoking and drinking alcohol.
- START taking 400 mcg of folic acid or a prenatal vitamin daily.
- If you use prescription medications, check with your health care provider to see if they are safe for use in pregnancy.
- Avoid all over-the-counter medications (including herbal and high dose vitamins), unless approved by your health care provider.
- Eat healthy food, including lots of vegetables.
- Exercise every day.
- Get a dental checkup.
- Get screened for infections and make sure your immunizations are up to date, especially tetanus, pertussis, and rubella.
- Remember it is healthiest to wait until your baby is at least 1-year old before you get pregnant again.



I'M OK EITHER WAY

Even if you are not actively trying to get pregnant, following the above health recommendations for pregnancy will ensure the best health for you and for your pregnancy if it does happen.

I DON'T KNOW

Questions to ask yourself:

- Is now the right time for a pregnancy?
- Do you have the resources you need?

Whether or not you want to become pregnant talk to your health care provider about how to prepare for pregnancy and how to prevent it until you are sure you are ready.

- Birth control should fit your needs and should be easy to use. Prevention also includes Emergency Contraception. If your main birth control method fails, it is a **second chance to prevent pregnancy after unprotected sex.**

NO

Talk to your health care provider about all your birth control choices.

- You have an 85% chance of getting pregnant if you are sexually active with men and are not using birth control.
- Birth control is very safe for most women.
- Many birth control methods are available. Make sure you are using one that works for you.
- Long-term reversible methods such as IUDs and implants are a great choice for many women and highly effective at preventing pregnancy.
- Emergency contraception pills are available without a prescription.



Source: Oregon Foundation for Reproductive Health.