



# Oh, Baby!

## Take steps for a healthy pregnancy:

- Go for prenatal checkups.
- Eat nutritious foods.
- Stay active and get enough sleep.
- Avoid alcohol and tobacco use.

*Talk with your doctor about prenatal care that can help you stay healthy and have a healthier baby.*

Learn more in the Live Healthy section of [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com).

