

# Managing Maternity Complications

Picking out baby names and nursery colors is exciting, but pregnancy can come with complications such as anemia, preeclampsia, depression, diabetes, and high blood pressure, just to name a few. While there are treatments, there are also some general steps to mitigate risk.

**Know your risk factors.** Some people are at higher risk of complications than others. That doesn't mean you can't have a healthy pregnancy and birth, but being younger than 20 or older than 35 can be a risk factor, as can obesity, anorexia, heart problems, or a history of miscarriage. Race and socioeconomic factors can increase one's odds of pregnancy complications as well.\*

**Manage your health.** Taking care of yourself now can reduce the risks of pregnancy complications down the road. This includes moderating your alcohol intake (and quitting once pregnant) and stopping use of tobacco products. It can also involve losing weight, making sure you're eating a nutritious diet, and managing existing health conditions such as blood pressure issues or diabetes.

**Talk to your doctor now.** Prenatal care, or the medical care you receive before becoming pregnant, can help decrease your chances of complications. Based on your medical history, your doctor can suggest steps you can take to increase your chances of a healthy pregnancy.



\*According to the CDC, in 2021, the maternal mortality rate for non-Hispanic Black women was 69.9 deaths per 100,000 live births — 2.6 times the rate for non-Hispanic white women.

## BENEFIT SPOTLIGHT

### Cost Comparison Shopping

There are so many different providers and varying costs for healthcare services — how do you choose? Online services called healthcare cost transparency tools can help. Available through most health insurance carriers, these tools allow you to compare costs for services, from prescriptions to major surgeries, to make your choices simpler. Ask your Human Resources team for more information.



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