



The First Trimester

You're pregnant—congratulations! This is the beginning of an exciting journey.

Pregnancy usually is measured by weeks, and a typical pregnancy lasts 40 weeks. Those weeks are grouped into trimesters.

The first trimester starts on the first day of your last menstrual period and ends at 13 weeks and 6 days of pregnancy. During the first trimester, your baby's major organs, limbs, parts of the face and eyelids start to develop.

Early Pregnancy Changes

At this stage, your body starts going through significant changes to nourish the baby's growth and to prepare for labor and delivery. You'll feel different, both physically and mentally. Not every pregnant person experiences the same things. But typically, you can expect:

- **Fatigue.** As your body becomes accustomed to supporting a new life, you'll feel very tired. Be sure to get enough sleep at night and take naps as needed. Fatigue often goes away during the second trimester.
- **Morning sickness.** Pregnancy hormones can cause nausea and vomiting. Things that once smelled and tasted good may suddenly upset your stomach. Like fatigue, morning sickness usually disappears in the second trimester.
- **Heartburn, indigestion and constipation.** Pregnancy hormones can slow down digestion. This is, in part, to give your body more time to absorb nutrients for your baby. You may also notice gas and bloating.
- **Breast changes.** Your breasts will start to become larger, and they will feel swollen and sensitive.
- **Light-headedness.** Your body is creating more blood for the baby. This could make you feel dizzy or lightheaded.

Prenatal Visits

As soon as you know you're pregnant, it's important to find an obstetrician (OB) and start receiving prenatal care. An OB is a doctor who specializes in caring for pregnant people and their unborn babies. An OB also delivers babies.

You will visit your OB throughout your pregnancy. The OB will examine you and do screenings and tests to help make sure you and your baby are as healthy as possible. You and your OB will discuss all aspects of your pregnancy, including labor and delivery.

If you are pregnant, make an appointment by visiting www.cchealth.org or calling **800-495-8885**.

Pregnancy Resources (RMC)

We want your feedback.
Take our quick survey!



Get Connected

You can access the following services to help you during your pregnancy journey. If you have questions about pregnancy or your services, call **Member Services** at **877-661-6230** to learn more or get connected to a provider.

Doula Services

A Doula is a birth worker who helps you during pregnancy, birth, and after your baby is born to make your journey easier. They help parents and babies stay healthy.

How can they help?

Doulas can help you:

- Write a birth plan.
- Learn about pregnancy and postpartum.
- Navigate your care options.
- Connect with community resources.
- With physical and emotional support during labor, birth, and after.
- With breastfeeding.

How to get a doula:

- Scan the QR code to learn more or find a doula that works with CCHP.
- Call Member Services at **1-877-661-6230**.



Health Education

Get access to health tips, self-management tools, and more information on mental health by visiting healthed.cchealth.org or scanning the QR code.



Healthy Start

Healthy Start helps pregnant individuals get the care they need for a healthy baby. Healthy Start is with you through every step of the journey. You can get pregnancy tests, screenings, prenatal vitamins, education, and more.

Call to get started:

- Pittsburg Healthy Start: **925-431-2345**
- Martinez Healthy Start: **925-370-5495**
- West County Healthy Start: **510-231-9469**

Baby Steps- Case Management

CCHP's Case management makes sure getting your care is as easy as possible. Case managers can help you make appointments, find services, connect you to programs, and more. They will help you get the care you need. CCHP offers in-person and telephone case management services.

How to get Case Management Services:

- Call CCHP Case Management at 925-313-6887
- Ask your provider for more information.

Women, Infants, and Children (WIC)

WIC helps those who are pregnant, have recently given birth, or have experienced pregnancy loss. They also help infants and children up to 5 years of age. **WIC gives nutrition tips, breastfeeding support, and access to healthy foods.**

They can also refer you to health and community services. For more information or to apply, scan the QR code.

