

Times Super Markets supports you and your baby through pregnancy and child birth

Every pregnant woman wants to know what is the single most important thing they should do during their pregnancy to ensure a healthy baby. Know that everything you do to yourself affects your baby – from what you eat to how much weight you gain to how much stress you encounter. During the upcoming months, you and your baby are truly one.

HMA's Health Services Team is here to work together with you. Whether you are looking for a doctor or have questions, the Health Services Team can provide resources and knowledge you need to have a healthy pregnancy and safe delivery. HMA's Health Services Team can be reached via telephone at (808) 951-4621 or toll-free at (866) 377-3977.

How can HMA's Health Services Team help?

- › Understanding Prenatal Testing
- › Prenatal Nutrient Guidelines
- › Exercise and Pregnancy Overview
- › Pregnancy Relaxation Techniques
- › Healthy Pregnancy with Gestational Diabetes
- › Preparing for Childbirth
- › Postpartum Care for Mom
- › Benefits of Breastfeeding
- › Nutrient Information for Breastfeeding
- › Postpartum Depression Signs and Symptoms
- › Postpartum Exercise Losing Baby Weight



My Covered Maternity Services

- › Room and Board for Delivery
- › Prenatal and Postnatal Services
- › Prenatal Vitamins*
- › Laboratory Services
- › Ultrasound Services
- › Well-Baby Services

- › medela Breast Pump**



Breast Pump**

**Benefit Limitations Apply

* Employees have a mail order benefit through Times Pharmacy

Prenatal Care Resources

Please contact each hospital directly for additional information and to view upcoming class dates and availability

Castle Medical Center

Phone: (808) 263-5400
www.Castle-Med.org/cgi-bin/class-group-n.cgi?3

- Giving Birth: The Castle Experience
- Bradley Method (12 sessions)
- Breastfeeding
- General Newborn Care
- Healthy Pregnancy Class
- Infant Safety
- Birth Center Tour, Car Seat Safety Check and Mommy and Me Hui

Hawaii Pacific Health

Kapiolani Medical Center and Wilcox
Phone: (808) 527-2588
www.HawaiiPacificHealth.org/services/maternity-and-newborn-care

- Prepared Childbirth
- Breastfeeding
- Infant Care (Includes: Infant CPR & Breastfeeding)
- Infant Care for Grandparents and Care Givers
- Maternity Tour and Positively Pregnant

The Queen's Medical Center

Contact (808) 691-7117 for scheduling details
www.QueensMedicalCenter.org/maternity

- Understanding Birth and Babies Intensive
- Lamaze (4 sessions)
- Prenatal Facials and Massages
- Maternity Tour, Prenatal Genetic
- Screening and Keiki Car Seat Fitting

Kaiser Permanente

Classes are offered at various clinics, please contact your nearest Kaiser Clinic to inquire

- Childbirth Preparation***
- Introduction to the Kaiser Permanente Birth Experience***
- Breastfeeding 101
- Lamaze for Labor and Delivery
- Basic Infant Care
- Childbirth Essentials
- Introduction to Infant Massage
- La Leche League International (Breastfeeding)
- Labor Epidural, New Family Experience, and Adult and Sibling Tours**

*** Available for Kaiser Permanente Members only



HAWAII - MAINLAND ADMINISTRATORS



For more benefit information, please contact The Akamai Way Hotline at (808) 951-4694 or Toll free (866) 331-5913.



Frequently Asked Questions (FAQ's)

Maternity Edition



Q: What are the first symptoms of pregnancy?

A: Missing a period is usually the first signal of a new pregnancy, although women with irregular periods may not initially recognize a missed period as pregnancy. During this time, many women experience increased urination, fatigue, nausea and/or vomiting, breast tenderness, mood swings, and food aversions or cravings. All of these symptoms can be normal. Most over-the-counter pregnancy tests are sensitive 9-12 days after conception, and they are readily available at most drug stores. Performing these tests early helps to allay confusion and guesswork.

Q: When should I make my first appointment for pregnancy?

A: As soon as you suspect you're pregnant call to schedule an appointment with your obstetrician/gynecologist. Even if you've confirmed your pregnancy with a home test, it is still wise to follow up immediately with an appointment. This will ensure that you and your baby get off to a good start.

Q: How important is it to take prenatal vitamins?

A: It is important to take prenatal vitamins during pregnancy to protect your baby and your baby's health. A fetus requires certain nutrients for healthy development. Prenatal vitamins contain many minerals and vitamins, the folic acid, calcium, and iron are especially important. Rather than just selecting a prenatal vitamin yourself, talk to your doctor about if you need a special formulation and if a tablet, capsule, or liquid prenatal vitamin will work most efficiently.

Q: What is gestational diabetes?

A: Gestational diabetes starts or is first diagnosed during pregnancy. Gestational diabetes causes high blood sugar that can affect your pregnancy and your baby's health.

Q: Why is my doctor screening me for gestational diabetes?

A: All doctors do routine tests for gestational diabetes for pregnant women. The condition affects approximately 10-percent of all pregnancies and is caused by hormonal shifts that lead to glucose intolerance that can affect both mom and baby — just while pregnant.

Q: Why are urinary tract infections (UTI's) more common during pregnancy?

A: In pregnant women, UTI's are more common because of the changes in the urinary tract. A growing uterus presses against the bladder, preventing the complete emptying of urine from the bladder. If untreated, this infection may lead to kidney infection. UTI's and kidney infection in pregnant women should be treated to prevent complications.

Q: Is cramping during pregnancy normal?

A: Early in the pregnancy, uterine cramping can indicate normal changes of pregnancy initiated by hormonal changes; later in the pregnancy, it can indicate a growing uterus. However, cramping that is different from previous pregnancies; significant bleeding, cramping, or sharp pain in your abdomen may be a sign of ectopic pregnancy, threatened abortion, or missed abortion, call your doctor immediately.

Q: What shouldn't I eat while I'm pregnant?

A: Do not cut out fish completely from your diet because it contains important omega 3 fatty acids that help with brain and eye development. Fish with high levels of chemically active mercury can damage a baby's developing brain. Avoid fish like swordfish, tilefish, and shark. If you love your tuna and snapper, you can still eat it -- just cut back to no more than one serving a week. You can eat up to two servings of fish like salmon, catfish, mahi mahi, and cod, along with shellfish like shrimp, crab, and scallops.

Other foods to avoid during pregnancy:

- Raw fish
- Unpasteurized Soft Cheeses (e.g. Brie, Camembert, Feta)
- Unpasteurized Milk
- Cold Ready-to-eat Meats (e.g. hot dogs and luncheon meats)
- Uncooked Eggs and meats,
- Cured Meats (e.g. Prosciutto)
- Alcohol
- Caffeine

Q: How can I safely exercise while pregnant?

A: Exercise during pregnancy is generally considered safe for most healthy women and can even relieve some of the discomforts of pregnancy. Some forms of exercise that are particularly good for pregnant women are walking, swimming, stationary cycling, and yoga. Focus on non-weight-bearing activities and those that don't require an enormous amount of balance, and don't work to the point of exhaustion. Always be sure to check with your doctor about any exercise program before getting started.

For more information, please contact The Akamai Way Hotline at (808) 951-4694 or Toll-Free at (866) 331-5913.