

5 TIPS FOR A HEALTHY BABY



1. Keep all prenatal appointments. Need an OBGYN to coordinate your care? Visit the [Network Directory](#) to find a list of Tier 1 providers.

2. Drink 8-10 glasses of water a day.

3. If you smoke, quit! For more resources to help quit tobacco, visit the [Health Resources Tobacco page](#).

4. If you are currently pregnant or are trying to become so, avoid alcohol throughout the pregnancy.

5. Call Healthy Addition to learn the signs and symptoms of preterm labor.

