

# PRE PREGNANCY CARE



## HEALTHY CHOICES TODAY, HAPPY BABY TOMORROW.

### What is Pre-Pregnancy Care?

Pre-pregnancy care involves planning and preparing your body for a healthy pregnancy before conception occurs. This stage focuses on optimizing your health and addressing any issues that could affect your pregnancy. It typically includes lifestyle adjustments, medical evaluations, and consultations to ensure both partners are in the best possible condition to support a healthy pregnancy and baby.

### Benefits of Joining One Care Connect Pre-Pregnancy Program

- Access to experienced healthcare professionals, including general physicians, nutritionists, and therapists, to tailor a plan specific to your needs.
- Customized advice from nutritionists and health coaches to optimize your diet and lifestyle for a healthy conception and pregnancy.
- Convenient virtual consultations with a range of experts, including general physicians, yoga instructors, and nutritionists.

**Promoting Preventive Care and Delivering Personalized Care**

## What to Avoid During Pre-Pregnancy

1. Both can adversely affect fertility and fetal development. It's best to quit smoking and avoid alcohol well before conception.
2. High caffeine intake can be linked to fertility issues and pregnancy complications. Limit your caffeine consumption.
3. Avoiding poor dietary habits is crucial. A balanced diet rich in essential nutrients supports reproductive health
4. Chronic stress can impact fertility and overall well-being. Engage in stress-reducing activities and seek support if needed.
5. Consult with your healthcare provider before taking any medications, as some can affect fertility or be harmful during pregnancy.

## Complications of Ignoring Pre-Pregnancy Care

1. Unmanaged health issues can increase the risk of early pregnancy loss.
2. Conditions such as obesity, chronic illnesses, or hormonal imbalances can hinder fertility.
3. Pre-existing conditions like diabetes or hypertension can lead to complications such as preeclampsia, gestational diabetes, or other serious issues during pregnancy.
4. Inadequate prenatal preparation can affect fetal development, leading to potential birth defects or developmental issues.

	Annual Wellness Plans	Connect	Care	CarePlus
	Worth of INR			
1	Digital ABHA ID	✓	✓	✓
2	Personal Health Profile	✓	✓	✓
3	Personal Health Coach	✓	✓	✓
4	Tele Consultations*			
5	Medications			
6	Lab Tests			
7	Specialty Doctors			

### In Compliance With



### Partners



WhatsApp support +91 905 954 8787



+91 905 954 8787



support@onecareconnect.com



www.onecareconnect.com