Low birth weight

What it is and why it matters

Low birth weight refers to babies that weigh less than 5-½ pounds when they're born. Low-birth-weight babies are more likely to get sick — or die — in the first year.

Tips to help prevent low birth weight

A healthy pregnancy starts with making healthy lifestyle choices like:

Go to all your prenatal care visits – Prenatal care is the care a woman gets during pregnancy. Regular checkups let your provider check the health of you and your baby.

Get tested for sexually transmitted diseases (STDs) – STDs can be harmful for pregnant women and their babies. Talk to your provider about STD tests available. See the back side to learn more.

Quit smoking – Smoking can lead to low birth weight, miscarriage and other problems. MI Tobacco Quitlink offers free help at 1-800-QUIT-NOW (1-800-784-8669) or michigan.quitlogix.org.

Eat a healthy diet – Eat fresh fruits and vegetables if you can. Drinking plenty of water and taking vitamins during pregnancy are important, too.

Get extra support

Build a healthy future and earn great rewards with Healthy First Steps®. This program will help you make your pregnancy the healthiest it can be and give your baby the best start possible.

To sign up, call toll-free **1-800-599-5985,** TTY **711,** 8 a.m.–5 p.m., Monday–Friday.

See other side to learn more →

Get tested for STDs throughout your pregnancy

It's important to get these tests as part of your regular prenatal checkups:

- **First trimester visit –** syphilis, HIV/AIDS, hepatitis B and hepatitis C, chlamydia and gonorrhea
- **Third trimester visit –** for those at risk of infection or reinfection: syphilis, HIV/AIDS, chlamydia, gonorrhea and hepatitis C
- **At delivery –** for those who haven't yet been tested or are at risk of reinfection: syphilis, HIV/AIDS, hepatitis B and hepatitis C

Know the danger of congenital syphilis

This disease happens when a woman with syphilis passes it on to her baby during pregnancy. There are often no symptoms. But it can be easily cured with antibiotics.

Congenital syphilis can cause:

- Miscarriage or still birth
- Premature (early) birth
- Low birth weight
- Death shortly after birth

myuhc.com/communityplan

United Healthcare
Community Plan