

Access to Special Programs for Pregnant Women with Diabetes

HMAA's goal is to ensure expectant moms have access to services that can improve pregnancy outcomes while receiving the optimum level of care related to gestational diabetes, a condition that affects between 2% to 10% of all pregnancies in the United States (*CDC, 2011*).

Now is the time to keep you and your baby healthy. Our members have access to special programs that help moms monitor and control blood sugar levels to help them have a healthy pregnancy and baby.

Gestational Diabetes Management Programs

- **Diabetic Management Classes and Educational Materials.** Teaches expectant moms meal planning, how to monitor blood sugar levels, and equipment and medication administration (e.g. insulin).
- **Trained and Experienced Nurses.** Provides personalized care from skilled nurses based on the individual's needs.
- **Guidance and Support on your Health Needs.** Provides emotional support, conducts ongoing assessments, and assists in meal planning and regular exercise both during and after delivery.



Controlling diabetes during pregnancy can reduce the risks of:

- Pregnancy complications that can lead to C-section or intensive care
- Delivery of a large baby that can cause harm to the body or brain when going through the mom's birth canal
- Preeclampsia or type 2 diabetes for the expectant mom
- Low blood sugar levels for the baby
- Child obesity for the baby that can lead to type 2 diabetes

For further details on prenatal care services,
contact our Health Management Department.

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