

My To-Do List

In order to be eligible for your cash incentive you must complete the following to-do list throughout your pregnancy. Some of these items require names, addresses, dates and times. Scheduled doctor's visits will of course vary depending on your physician and your own physical state. Completing these general guidelines is what will make you eligible for the cash incentive upon completion of the program:

4 to 28 weeks: ONE VISIT PER MONTH (EVERY 4 WEEKS)

() Choose a caregiver: Ask friends, relatives, or your doctor to recommend an OB, family physician, or search online. Name of Caregiver: _____

1st appt date (between 8th and 12th wk): _____

2nd appt date (between 12th and 16th wk): _____

3rd appt date (between 16th and 20th wk): _____

4th appt date (between 20th and 24th wk): _____

5th appt date (between 24th and 28th wk): _____

() **I have taken prenatal vitamins throughout the first 28 weeks.** Consult with your physician what type of prenatal vitamins may be best for you. Name of prenatal vitamins:

() **I have made sure my medications are safe:** Ask your caregiver about any prescription and over-the-counter medications you're taking.

() **I've had a professional teeth cleaning.** Not only is it safe to get your teeth cleaned during pregnancy, it's highly recommended.

28 to 36 weeks: TWO VISITS PER MONTH (EVERY TWO TO THREE WEEKS)

6th appt date (between 28th and 30th week): _____

7th appt date (between 30th and 32nd week): _____

8th appt date (between 32nd and 34th week): _____

9th appt date (between 34th and 36th week): _____

() **I continue taking prenatal vitamins throughout the first 36 weeks.** Consult with your physician what type of prenatal vitamins may be best for you. Name of prenatal vitamins:

36 weeks to delivery: ONE VISIT PER WEEK

10th appt date (between 36th and 37th week): _____

11th appt date (between 37th and 38th week): _____

12th appt date (between 38th and 39th week): _____

13th appt date (between 39th and 40th week): _____

() **I continued taking my prenatal vitamins until the end of my pregnancy.** Consult with your physician what type of prenatal vitamins may be best for you. Name of prenatal vitamins:
