



SAMWUMED Maternity Programme

Stepping Up our Game as SA's Caring Essential Service

SAMWUMED
Real Heritage. Real People. Real Health Care.

SAMWUMED Maternity Programme

SAMWUMED's Maternity Programme helps expecting mothers on the Scheme's Option A and Options B to receive the help they need to take care of themselves and their unborn baby. Mothers-to-be receive healthcare advice throughout their pregnancy that helps them to stay healthy and to deliver healthy babies.

Registering on the Programme

Expecting mothers must register onto the SAMWUMED Maternity Programme as soon as they know about their pregnancy by calling **0860 33 3387**. The following information is needed to successfully register:

- Name of doctor
- Practice number of doctor
- Hospital practice number for the birth
- The birth due date
- ICD10 codes
- Procedure codes



Hospital Authorisation

It is also important to note that all hospitalisations by the mother, including for birth, have to be authorised by SAMWUMED before they can take place.



Pregnancy marks the beginning of a nine-month journey before welcoming a new member into your family. It is a unique experience for every woman, with changes every three months or trimester.

If you are a new mother-to-be, these changes, including your body and hormone changes can be exciting and stressful.

If you are a new mother-to-be, you may have many questions. We have answered some of the questions for you.



It is my first pregnancy. What is the first step?

You have taken the first and key step of registering on the SAMWUMED Maternity Programme.

The benefits of this programme include:



Vitamins and
supplements



Ultrasounds



Antenatal
consultations
or visits



Health
screenings



Baby bag and
baby items

How many times should I be seeing a doctor?

By now we trust that you have a gynaecologist (a doctor who specialises in women's health including pregnancy and child delivery). You may also choose to see a practicing midwife in place of a gynecologist. If you do not have any of these, please get one.

During your pregnancy you can expect to visit the gynaecologist or midwife every month from 4 – 28 weeks, every two weeks from 28 – 36 weeks and every week from 36 – 40 weeks of your pregnancy. These visits are to monitor your baby's growth and for you to get advice on your birth plan and caring for your health.



When should I start antenatal care?

You can begin antenatal or pre-birth care as early as twelve weeks into your pregnancy.



What questions should I ask my gynaecologist or midwife?

- ? What changes should I make to my lifestyle?
- ? What foods should I stop eating during my pregnancy?
- ? What kind of physical exercises can I take part in?
- ? What is a healthy weight gain during my pregnancy?
- ? What vitamins, supplements or medicines are safe for me during my pregnancy?
- ? What are normal pregnancy issues and what are emergencies that need me to visit a doctor?
- ? How do I manage tiredness and morning sickness?
- ? What vaccinations are safe for me during this time?
- ? Can I travel during my pregnancy?



How do I choose where to deliver my baby?



There are options for you to choose from. However, these options will depend on your doctor and which hospital he or she is linked to. However, for our members we recommend that you choose a hospital that is on the Scheme's list of service providers.

You will need to get pre-authorisation or approval from the Scheme before being hospitalised.

Your doctor must call: **0860 33 33 87** to get authorisation or email:

samwumed.authorisations@medscheme.co.za

You also have an option of giving birth at home (home birth) helped by a midwife as SAMWUMED covers this option as well under the hospital benefit.

Please visit our website **www.samwumed.org** for the hospital links.

How can I prepare myself for motherhood?

The **SAMWUMED Maternity Programme** helps you to prepare yourself for motherhood. As a mother to be you will be receiving support and advice including:

- Changes you can expect during your pregnancy
- Labour & delivery
- Post-delivery care
- New-born care and breastfeeding.



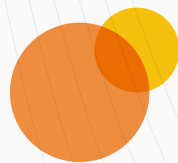
What should I be eating at this time?

This is the time to choose healthy foods for your overall health and that of your baby.

Focus on nutritious whole foods that will give you lots of proteins, vitamins and minerals, healthy fats, fibre and fluids. They include:

- **Dairy products** - i.e., milk, cheese, and yogurt.
- **Legumes** - i.e., lentils, peas, beans, chickpeas, soybeans, and peanuts.
- **Sweet potatoes** - have vitamin A which is important for your baby's development.
- **Fish** - most fish is rich in essential omega-3 fatty acids that are healthy for both you and your developing baby.
- **Eggs** - have high-quality protein, fat, and other vitamins and minerals that are good for your baby's brain development.
- **Leafy vegetables** - such as broccoli and dark, green vegetables have nutrients including fibre, vitamin C, vitamin K, vitamin A, calcium, iron, folate, and potassium.
- **Meat** - such as lean beef, pork, and chicken are excellent sources of high-quality protein. Beef and pork are also rich in proteins which you will need in higher amounts during your pregnancy.
- **Berries** - such as blueberries, raspberries, goji berries and strawberries are some of the best berries to eat while you are pregnant. They have water, healthy carbs, vitamin C and fibre.
- **Whole grains** - including oats, brown rice and wheat are high in vitamins and fibre.
- **Avocados** - are high in healthy fats, which help build the skin, brain, and tissues of your baby.
- **Fish liver oil** - is not only rich in omega-3 fatty acids but is important for your baby's brain and eye development. Eating salmon, sardines and canned light tuna can also help you.
- **Water** - You will need to drink plenty of water so that you do not get tired, constipated, or get headaches.





How do I take care of myself after delivering?

You need to take care of yourself and your health to be able to take care of your baby.

- Sleeping is important as it allows you to rest and recharge. Schedule your sleeps with your baby's sleeps.
- Have a supportive and caring network around you and do not be afraid to ask for help.
- Rest when you can and make sure to take time out for yourself daily – you will need these recharge moments. For example, go outside for walks or sit in the sun alone for 30 minutes or so.
- Do not put too many expectations on yourself. This is a time to bond with your new-born and manage the transition to motherhood.
- Do not put pressure on yourself to have everything perfect including losing all the baby weight. Concentrate on healthy eating and bonding with your baby.
- Look out for post birth depression. If you feel you are overwhelmed all the time, starting to lose interest in your new-born, feeling down, these could be signs of post birth depression. Please see your doctor for help.



Congratulations from all of us at SAMWUMED. Expecting is a special experience. Enjoy it. Most importantly, look after your health and that of your baby.

Sources: <https://www.rafflesmedicalgroup.com>, www.hopkinsallchildren.org & www.healthline.com

To register onto the **SAMWUMED Maternity Programme**, call 0860 33 33 87
or send email to samwumed.authorisations@medscheme.co.za

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