

Well done! This is your final lap towards childbirth.



You are now in the **third trimester** of pregnancy. It won't be long before you'll be holding your little bundle of joy.

What happens to your body?

- Your belly is now getting much bigger and may sag a little lower. Your belly button may protrude slightly.
- You may have backache and cramps in your feet or hands.
- You may tend to feel hot and perspire more.
- You may feel very uncomfortable and experience slight shortness of breath. Lie with your shoulders elevated on pillows if you feel short of breath. When your baby starts to descend into the pelvis, you will feel more comfortable.
- You may feel uncomfortable and struggle to get enough restful sleep. Lie on your left side and place a pillow between your legs or under your tummy to take the pressure off your back.
- Some women experience false contractions called 'Braxton Hicks' contractions, around week 32 to 34. If you feel contractions, consult your midwife or doctor.
- A total weight gain of 10kg to 12.5kg during your pregnancy is perfectly normal and recommended.

What happens to your baby?

- Your baby's organs are maturing.
- The baby's movements become more vigorous but later, as baby grows and space becomes limited, these may become less obvious.
- The ideal weight for a newborn is between 2.6kg and 3.8kg.





Your third trimester to-do list

- Continue taking your **minerals and multivitamins** as prescribed by your doctor.
- Eat a **well-balanced diet**. Remember, even though you are 'eating for two', you do not have to eat twice as much. You may eat a little bit more than usual.
- Book an **antenatal class** for you and your partner – check if this will be covered by your Scheme benefits.
- Do some research about what to expect at your delivery and discuss **delivery options** with your doctor or midwife.
- Contact Pick n Pay Medical Scheme at about 34 weeks to **confirm your Scheme benefits and to obtain pre-authorisation** for your admission to hospital for delivery and confinement.
- It is important to **'book your bed'** with the hospital where you plan to deliver your baby.
- Keep important **telephone numbers handy**, such as your doctor/midwife and the labour ward/hospital. Save them on your and your partner's cell phone and put it up on the fridge!

Parent Sense – taking the guesswork out of parenting



- Free PREMIUM access to the Parent Sense baby and parenting app for reliable tracking of nutrition, sleep patterns and baby's milestones, and expert advice and support when you need it.
- FREE antenatal classes, lactation (breastfeeding), pregnancy and parenting courses via Parent Sense.
- You will have access to a 24/7 support chatbot, trained to assist you with all your pregnancy and parenting questions.
- For **Plus Option** members only: Two lactation (breastfeeding) consultations via Parent Sense, paid from your Medical Spending Account (MSA).

Remember to register your baby as a dependant on the Scheme within 30 days of the birth date to ensure that any medical treatment they may need will be covered by the Scheme benefits.

Pick n Pay Medical Scheme wishes you well on your pregnancy journey!

Protection of Personal Information

Pick n Pay Medical Scheme and Momentum Health Solutions, the administrator, will maintain the confidentiality of your personal information, and comply with the Protection of Personal Information Act 4 of 2013 (POPIA) and all existing data protection legislation, when collecting, processing and storing your personal information for the purposes of registration on the Maternity Programme.

The content of this publication is the intellectual property of Momentum Health Solutions (Pty) Ltd, and any reproduction of this publication is prohibited unless written consent is obtained.

MATERNITY PROGRAMME