

To welcome the healthiest possible baby into the world, you'll want to do everything you can to enjoy a healthy pregnancy and a safe delivery. Optimizing your weight before pregnancy and continuing on a healthy path after delivery will create a brighter future for you — and your child.

Pregnancy puts a significant strain on your body — for nine months! Like training for a long-distance race, it's important to get in shape for your pregnancy.

You can do this by making changes in your lifestyle now to shed unhealthy amounts of weight. Do that before the race begins, and you — and your baby — will be much more likely to reach the finish line safely.



How and where to make appointments

Cleveland Clinic's Be Well Moms maternal weight management program is offered at multiple locations across northern Ohio.

Visit clevelandclinic.org/bewellmoms to find the location nearest you.

To schedule an appointment before, during or after pregnancy, call **216.444.6601** and ask for Be Well Moms.



Karen Cooper, DO
Director, Be Well Moms
maternal weight
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Every life deserves world class care.

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The Ob/Gyn & Women's Health Institute provides a full spectrum of care for women from adolescence through mature adulthood. Institute members provide collaborative care for gynecological cancers, infertility, incontinence, pelvic floor disorders and other women's health issues in a supportive environment enhanced by innovative research. The Ob/Gyn & Women's Health Institute is one of 27 institutes at Cleveland Clinic, a nonprofit academic medical center ranked among the nation's top hospitals by *U.S. News & World Report*. More than 3,000 physicians and researchers in 120 specialties at Cleveland Clinic collaborate to give every patient the best outcome and experience.
clevelandclinic.org

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Be Well Moms



Helping you
Achieve the
Right Weight
for a Healthy
Pregnancy

How Be Well Moms can help

Cleveland Clinic's Be Well MomsSM maternal weight management program will give you the information you need to optimize your weight and health before and during pregnancy, and after delivery.

Too often, women who are significantly overweight feel there's nothing they can do about it — that they've tried everything.

Our goal is to educate and empower you to:

- Reach a healthy weight before pregnancy
- Gain the right amount of weight during pregnancy
- Shed the weight you gained during pregnancy after delivery

In Be Well Moms, a nurse midwife and a dietician who have expertise in medically supervised weight management will offer you guidance and monitor your progress as you shed the excess weight.

Why getting into shape matters

Optimizing your health before and during pregnancy can make a world of difference. Studies show that achieving a healthy weight translates into healthier outcomes for you and your baby.



Risks of extra weight

The health risks for women with a body mass index (BMI) of 27 and above during pregnancy and delivery are serious:

- High blood pressure (preeclampsia)
- Gestational diabetes
- Large babies that are difficult to deliver
- Complicated cesarean sections

The risks for their babies are even more serious:

- Stillbirth
- Prematurity
- Birth defects
- Obesity
- Diabetes in childhood

Be Well Moms visits

If you are pregnant, you may not know how much weight you should gain. Our experts will explain how weight can affect pregnancy outcomes. You will learn how to gain the right amount of weight to maximize your chances for a healthy baby and a safe delivery.

Our experts will teach you about nutrition, mindful eating, stress management, good sleep habits, regular exercise and setting your own healthy goals.

A supportive setting

Be Well Moms visits include individual appointments and shared medical appointments. The shared office visits bring patients with similar concerns together for education and support.

Patients benefit from a longer visit with their health-care expert in a setting that encourages asking questions, and sharing concerns and experiences. This environment also offers an opportunity to learn from the healthcare team and from each other. During shared visits, patients can also be seen in a private exam room for individualized care, as needed.

A healthier future for your family

In Be Well Moms, we want you to have the best possible experience during pregnancy and delivery by achieving a healthy weight and ensuring a healthy future for your baby.

To schedule an appointment before, during or after pregnancy, call **216.444.6601** and ask for Be Well Moms.

