



**Safeguard the health of
the mother and child**

Regular prenatal checkups are important

**Importance of checkups
during pregnancy for dummies**









Why are **prenatal checkups** important?



**Check the status
of the mother and
child to
reduce
unnecessary
risks**



**Understand
the risk of genetic
diseases for
early intervention**



**Prevention of
premature birth
and accidents
to enhance
childbirth safety**





What kind of pregnant women are at **HIGH RISK** of ignoring prenatal checkups?

- Teenage pregnant mothers
- Unmarried pregnant mothers
- Pregnant mothers living in rural areas with inconvenient transportation
- Pregnant mothers with drug abuse or addiction problems



Safeguarding the health of the mother and child through regular prenatal checkups

Ignoring prenatal checkups may jeopardize the health of the mother and child



There are potential risks for pregnant women

Expectant Mothers should not be careless

“Regular prenatal checkups”

can determine if the mother and child have a genetic disease or an unknown disease only then

early intervention and timely treatment can be implemented



What are the focuses of regular prenatal checkups?

Undergo at least eight prenatal checkups. **It is essential** that these test items be performed.

Number of times	First time	Second time	Third time	Fourth time	Fifth time	Sixth time	Seventh time	Eighth time	Ninth time	Tenth time	Eleventh time	Twelfth time	Thirteenth time	Fourteenth time
Week	8th week of pregnancy	12th week of pregnancy	16th week of pregnancy	20th week of pregnancy	24th week of pregnancy	28th week of pregnancy	30th week of pregnancy	32th week of pregnancy	34th week of pregnancy	36th week of pregnancy	37th week of pregnancy	38th week of pregnancy	39th week of pregnancy	40th week of pregnancy

Subsidies are granted ten times Routine test items

- Weight, blood pressure
- Fetal heart sounds, fetal position
- Edema, varicose veins
- Height of the uterine fundus
- Urine sugar, urine protein

Laboratory examinations

One subsidy before the 12th week of pregnancy

- Routine blood test items
- Infectious diseases (hepatitis B, measles, syphilis, AIDS)

Health education and guidance

2 subsidies

- First trimester (less than 17 weeks gestational age)
- Second trimester (week 29 to 40 gestational age)
- Health education and guidance for prevention of premature birth

Ultrasound examination

3 subsidy

- Number of fetal weeks and fetal size
- Measurement of fetal growth
- Position of placenta
- Amniotic fluid

Laboratory examination

One subsidy during the 35th and 37th week of pregnancy

- Streptococcus B screening

Subsidies for prenatal checkups for pregnant new immigrants not included in the National Health Insurance

- **Targets:** Pregnant new immigrants whose spouse has R.O.C. citizenship and not included in the National Health Insurance
- **Prepare:** “original copy of household certificate” and “original copy of ARC”
- **File an application at a county/city “public health center” (health center in Taipei City)**





Companionship with love

Daddies and mommies, let's go!

Expectant fathers should take action to remind and accompany expectant mothers to undergo prenatal checkups

Join prenatal education courses and exercises

Lend an ear to and accompany pregnant mothers during their pregnancy

Understand the growth and development status of the baby

Strengthen the bond between the husband and wife and establish parent-child interaction





A **loving** reminder!

Let's care about pregnant mothers!

For the safety and health of the mother
and child

Timely reminder

friends and relatives around us who are
pregnant

to undergo regular

Prenatal Health Checkups



Prenatal checkup Q&A

Q: When can a baby's heartbeat be detected during a prenatal examination?

A: The heartbeat can be seen by ultrasound from the 6th week to the 8th week of pregnancy. For mothers who are more than 12 weeks pregnant, the Doppler instrument is used to hear the heartbeat of the fetus from the mother's belly.

Q: Is everything okay after completing an ultrasound examination?

A: Not all fetal abnormalities can be detected by ultrasound examination. Ultrasound examination may be limited by factors such as instrument resolution, the mother's excessive belly fat, having too little or too much amniotic fluid, or the position of the fetus.





Prenatal checkup Q&A

Q: What is amniocentesis?

A: Amniocentesis is intended to examine if a fetus has a congenital disease or chromosomal abnormalities, which is conducive to the early detection of fetal abnormalities and early consultation and medical services.

Q: Is amniocentesis subsidized?

A: Pregnant mothers over 34 years of age, their spouses, or family who have hereditary diseases, have had a baby with anomalies, are at high risk of giving birth to babies with congenital abnormalities, those suspected of having abnormal fetuses after ultrasound screening or maternal women serum screening, and pregnant women suspected of having genetic diseases are eligible for subsidies in amounts provisioned by regulations after undergoing an amniocentesis in an obstetrics and gynecology hospital.



For any question during pregnancy, call the **toll free** pregnant women care inquiry hotline

Opening hours: Monday-Friday (8:00 A.M.-6:00 P.M.)

Saturday morning (9:00 A.M.-1:00 P.M.) (except national holidays).

The consultation services and issues include:

- Preparation before pregnancy
- Parent-child health before and after delivery
- Breastfeeding guide
- Nutrition and weight management during pregnancy
- Physical and mental adjustment



Other issues including health consultation, listening, care, support, and necessary resource transfer services, which are intended to assist novice parents and their families get started sooner.



Cloud Pregnancy Guide(Android)

<https://www.hpa.gov.tw/Pages/Detail.aspx?nodeid=82&pid=4922>



Cloud Pregnancy Guide(iOS)

<https://www.hpa.gov.tw/Pages/Detail.aspx?nodeid=82&pid=4923>

Pregnant Women Care Website <https://mammy.hpa.gov.tw/>

Pregnant Women Care Fan Page <https://zh-tw.facebook.com/mammy.hpa>

Service Email of Pregnant Women Care Website mammy@hpa.gov.tw

