

Talk about multitasking



Working while pregnant

Let's be honest. Growing a small person inside of you is hard work. While it's true many women work outside the home while pregnant – sometimes up until the day of delivery – you need to consider how your pregnancy will affect your ability to work. After all, pregnancy comes with a long list of symptoms and needs, including:

- Fatigue
- Frequent urination
- Morning sickness
- The need to snack throughout the day
- Back problems
- Swollen hands and feet
- Regular doctor visits

It's also important to consider the safety of your work environment. Some of the more common hazards to avoid are lead, radiation, chemicals and viruses.

You'll also want to think about if and when you'll return to work after the birth of your baby. With new time commitments, sleep schedules and responsibilities, how will your newborn affect your ability to work? Here are a few things to consider:

- **Flexible work arrangements.** Do you need to be onsite during a specific time frame, or can you and your manager and/or staff be more flexible or even work out a work-at-home arrangement?
- **Break policies.** Can you take short periods of time off to take your child to doctor's appointments or use a breast pump if you're breastfeeding?
- **Special facilities.** Does your workplace have lactation rooms?

Need more information?

Talk with your doctor if you have questions about your pregnancy, including the safety of your work environment or how your pregnancy may affect your ability to do your job.

Other helpful resources

- Call the number on the back of your Cigna ID card to reach the 24-hour health information line. Talk with a nurse or listen to audio recordings on hundreds of topics
- Log in to **myCigna.com** and click on the "Manage My Health" tab
- Visit the March of Dimes web page: marchofdimes.com

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