

From Pregnancy to Postpartum: Questions Florida Moms Are Asking

Answered by Dr. Jamira Duffy, Family Medicine physician, UnitedHealthcare Community Plan of Florida



Pregnancy and the months after birth can be exciting, but raise a lot of questions. For many Florida families, especially those doing so for the first time, navigating care and finding support doesn't always feel simple.

“One in four women are not starting prenatal care in the first trimester,” says Dr. Jamira Duffy, Family Medicine physician with UnitedHealthcare Community Plan of Florida (UnitedHealthcare). “That tells us we need to do more to make care easier to access and more supportive for moms and families.” Dr. Duffy answers common questions from new moms and the people who care about them.

Q: I think I might be pregnant. What should I do first?

A: If you think you may be pregnant, reaching out to a doctor early is an important first step. Early prenatal care helps identify health needs and supports a personalized care plan for both mom and baby. If you don't already have a provider, you're not expected to figure it out alone. You can call the number on your insurance card, contact your local health department, or reach out to your Medicaid program for help finding care.

Q: I feel overwhelmed at appointments. How can I know what questions to ask?

A: That feeling is very common. You don't need to be an expert to take good care of yourself. Tools like the [Healthy Pregnancy Quiz](#) can help you understand what to expect, prepare for appointments and feel more confident during visits. There's also a [pregnancy checklist](#) available to help you keep

track of important moments – not as another to-do list, but as a support you can lean on throughout prenatal care.

You don't have to do this alone, ask your provider's office if you can bring someone you trust to your appointment can help provide extra support.

Q: What kinds of support are available beyond doctor visits?

A: Many women in Florida face barriers to accessing care, and it's important to understand what resources may be available. Many births in Florida are supported by Medicaid¹, and depending on your plan and location, benefits may include things like prenatal vitamins, healthy food support, safe sleep supplies, diapers and car seats, breast pumps and Doula services.

For UnitedHealthcare members, help is available to walk through benefits and connect families to resources they're eligible for by logging into MyUHC.com or calling member services.

Q: Once the baby arrives, is postpartum care really that important?

A: Absolutely. After your baby arrives, your health still matters. I recommend scheduling a postpartum checkup within three weeks and a comprehensive visit by 12 weeks. These visits support recovery, address concerns and help care for both mental and physical health.

Postpartum care is not an extra step – it's a critical part of maternal health and a part of your [pregnancy care timeline](#).

Q: I feel like I'm supposed to handle everything on my own. Is that true?

A: No – and you shouldn't have to. Pregnancy and postpartum recovery are not meant to be managed alone. Community support plays a huge role in healthy outcomes.

UnitedHealthcare works with local clinics, providers and community based organizations to help increase access to prenatal care, hosts community wellness fairs with health screenings and educational workshops, and provides grants to organizations that support maternal mental health and nutrition. These efforts help connect families to education, care and critical resources close to home.

Q: Where can families go to learn more or find support?

A: Every pregnancy is different, but reliable information and support can make a meaningful difference. Families can visit www.everypregnancy.com to learn more about pregnancy and postpartum resources.

With timely care, trusted tools and a supportive community, Florida moms don't have to do this alone – and they can feel more confident at every step.

¹ <https://www.beckershospitalreview.com/rankings-and-ratings/states-ranked-by-percentage-of-medicaid-covered-births/>