

Living Health Topic: Prenatal and Postpartum Care



Is It the “Baby Blues” – or Something More?

Pregnancy and childbirth can cause both physical and emotional changes to occur in women. Sometimes those emotional changes are what’s commonly called the “baby blues,” and sometimes, it’s something much more serious – a condition known as postpartum depression (PPD).

The chart below from Horizon Behavioral Health summarizes key differences between the “baby blues,” frequent yet brief feelings that ease on their own, and PPD, a serious medical condition. Mothers-to-be concerned about their PPD risk should speak with their Ob/Gyn during their prenatal care. After a woman gives birth, she should be screened for PPD, but any time a new mother or those around her feel her symptoms may be serious, a doctor should be notified.

	“Baby Blues”	Postpartum Depression
Causes	Hormonal changes; exhaustion	Hormonal and physical changes; exhaustion; feeling overwhelmed about caring for a new child
Frequency	Approximately 80 percent of women who have recently given birth	Approximately 10 to 15 percent of women who have recently given birth
Duration	About two weeks	Can last up to a year after baby’s birth
Symptoms	<ul style="list-style-type: none"> – Feeling nervous or worried about being a good mother – Mild sadness – Moodiness – Tired – Weepiness 	<ul style="list-style-type: none"> – Feeling as if you should never have become a mother or you are “out of control” or “going crazy” – Feeling angrier or more irritable and/or intense sadness, nervousness or panic – Having difficulty bonding with your baby – Problems eating or sleeping too much or too little – Trouble focusing, remembering or making decisions – Worrying that you might hurt your baby or yourself

Eligible members who are mothers-to-be are encouraged to learn more about having a healthy pregnancy by enrolling in PRECIOUS ADDITIONS®, Horizon Blue Cross Blue Shield of New Jersey’s maternity program. Learn more by visiting HorizonBlue.com/shbp, mouse over *Health and Wellness*, select *Health Programs* and choose *PRECIOUS ADDITIONS*.

The PRECIOUS ADDITIONS® program is for informational purposes only. Services are not an insurance program and may be discontinued at any time. In the event of an emergency, please go to the nearest hospital or doctor, or call 911 or your local emergency services number.



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>.

Please Note: Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional.

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