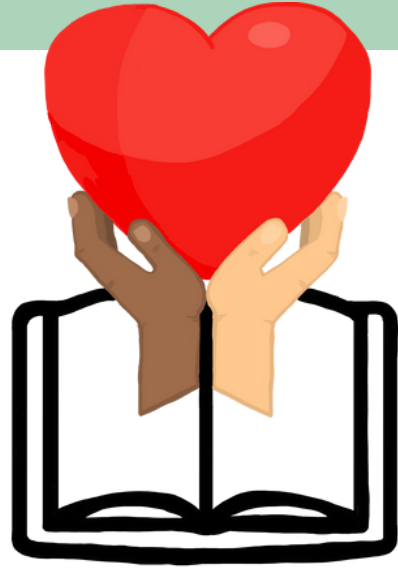


Health Fluency Project

Supporting the health of non-native English speakers in Boston and Beyond

Welcome!

The Health Fluency Project is a student-led initiative that aims to improve health literacy and communication in non-native English speaking communities in Boston and beyond. This newsletter is to keep you up to date with our mission!



Empowering Information

- **New handouts released!**
 - Navigating Pregnancy, Over-the-Counter Medications, Addiction, and Contraceptives
 - Reviewed by physician team —translations coming soon!
- **To date, we have reached over 2,900 individuals across 50 countries!**

Navigating Pregnancy Care

A GUIDE FOR WHAT TO EXPECT THROUGHOUT YOUR PREGNANCY



1 CONCEPTION
Visit your OB/GYN to find out whether any medications you are taking are safe and look into a maternal screening for genetic diseases that may be passed on to the baby. They will help you set up a plan for a successful pregnancy.

2 SECOND TRIMESTER
- 13 weeks to 27 weeks -
15-20 weeks: May receive Maternal Serum Screen-tests for baby's wellbeing based on need.
18-20 weeks: The most famous test—ultrasound appointment. This test checks your baby's organ health as well as may reveal the baby's gender.

3 24-28 weeks: You will be checked for gestational diabetes. Some individuals develop diabetes during their pregnancy which must be closely monitored.
28-30 weeks: Tetanus, Diphtheria, Whooping Cough vaccination (TDAP vaccine)
36 weeks: GBS Test (simple test for Group B strep bacteria)

LABOR & DELIVERY
Congratulations! You have many options for a smooth delivery—ask your doctor what is right for you. Most choose vaginal delivery, but some may need a Caesarian Section (C-section). Ask your doctor!

FIRST TRIMESTER
- Conception to 12 weeks -
First Prenatal check-up: your first visit will include a physical and pelvic exam, Pap test, blood/urine labs, and flu vaccine. This is where you can discuss with your doctor about any questions, recommendations, and concerns you may have.
11-14 weeks: first-trimester screening. This includes blood testing and ultrasound exams to test for the fetus' genetic health.

THIRD TRIMESTER
- 28 weeks to Birth -
Contact your OB/GYN or seek immediate care if you notice:
Headache that won't go away or gets worse over time.
Dizziness or fainting. Changes in your vision. Fever of 100.4°F or higher. Extreme swelling of your hands or face.
Thoughts of harming yourself or your baby. Trouble breathing. Chest pain or fast beating heart. Severe nausea and throwing up. Severe belly pain that doesn't go away.
Baby's movement stopping or slowing during pregnancy.
Severe swelling, redness, or pain of your leg or arm.

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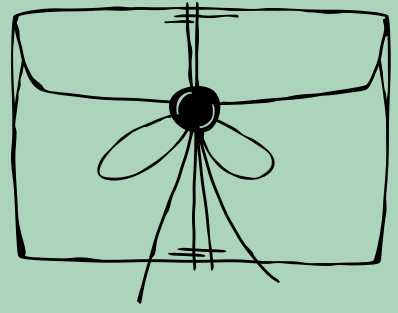


Improving Access

- To date, we have held over 20 workshops for over 215 individuals across the Boston area on HC communication skills.
- Using AuxHealth's MD&Me AI tool for augmenting practicing skills.

Call for Action

Recently, we have seen significant interest in materials like ours, a need we want to fill. If you have any ideas for new handouts you would like to be created, please let us know!



Recent Advancements

- HFP is expanding!
 - In the process of recruitment from across the country, setting up satellite HFP programs in multiple major US cities.
 - Recruiting for Project Leads and Volunteers
 - Project leads are empowered to pursue any passion of theirs or collaborate with their community of choice (full autonomy)
 - Recruitment has been underway with first team meeting with new volunteers!
- Over 10 new team members, both project leads and volunteers, recruited! Further projects and recruitment initiatives underway

Upcoming Projects

- Finalizing recruitment and partner sites/chapters
 - More project lead applications being reviewed and proposals being made
- More Infographics/Handouts underway!
- Development of individual health literacy workshop assessment tools.
- Establishing 501(c)(3) status—paperwork filed

thank you for tuning in!

we'll catch you next time.

— the health fluency project

