



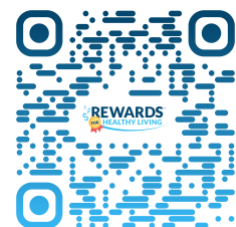
RewardsForHealthyLiving.com

Pregnancy & Substance Use Disorder: Help for New Moms

February 2023



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RewardsForHealthyLiving.com



Introduction

Nearly 500,000 adults in Virginia have a substance use disorder — many of them pregnant women or new mothers. Drinking, smoking, and using other drugs during pregnancy hurts both the woman and her child.

For the baby, it raises the risk of:

- miscarriage
- birth defects
- low birth weight
- stillbirth or early birth
- sudden infant death syndrome
- withdrawal symptoms
- learning and behavior problems

For the mother, it can lead to:

- anemia
- STDs and other infections
- liver disease
- postpartum depression
- problems caring for the baby

Use our guide to explore **Rewards for Healthy Living's** educational games, tips, videos, and resources designed to help pregnant women and new moms — and their babies — stay healthy and thrive.

[Register for free here.](#)

PREGNANCY & MATERNAL HEALTH

Related Learning Pages

Reproductive Health

<https://www.myedlogics.com/rewards/learning/modules/reproductive-health/detail>

Pregnancy

<https://www.myedlogics.com/rewards/learning/modules/reproductive-health/pregnancy>

Maternal Health

<https://www.myedlogics.com/rewards/learning/modules/reproductive-health/maternal-health>

Women's Health

<https://www.myedlogics.com/rewards/learning/modules/womens-health/detail>

Hot Topics

Pregnancy: Know What's Safe?

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_PREGNANCY#play

C-Sections: Get the Facts

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_CSECTIONFACTS#play

Surprising Facts on Postpartum Depression

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_POSTPARTUMDEPRESSION#play

Healthcare Inequality: What It Is, Why It Matters

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_HEALTHCARE_INEQUALITY#play

What is Sickle Cell Disease?

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_SICKLECELL

Games

Reproductive Health Fact or Myth

https://www.myedlogics.com/rewards/games/fact-or-myth/REPRODUCTIVE_HEALTH_FACT_OR_MYTH

Pregnancy:

Beat the Clock

<https://www.myedlogics.com/rewards/games/beat-the-clock/pregnancy>

Drag-N-Drop

<https://www.myedlogics.com/rewards/games/drag-n-drop/pregnancy>

HealthMatch

<https://www.myedlogics.com/rewards/games/healthmatch/pregnancy>

Maternal Health:

Beat the Clock

<https://www.myedlogics.com/rewards/games/beat-the-clock/maternal-health>

Drag-N-Drop

<https://www.myedlogics.com/rewards/games/drag-n-drop/maternal-health>

HealthMatch

<https://www.myedlogics.com/rewards/games/healthmatch/maternal-health>

Infographics & Slideshows

10 Common Pregnancy Myths, Busted

<https://www.myedlogics.com/rewards/learning/modules/reproductive-health/pregnancy>

15 Warning Signs to Watch Out For

<https://www.myedlogics.com/rewards/learning/modules/reproductive-health/maternal-health>

How to Get Better Care

<https://www.myedlogics.com/rewards/get-better-healthcare>

Articles

- **Steps to Take Before You Get Pregnant**
- **Choosing the Right Doctor**
- **Pregnancy Care: First, Second, and Third trimesters**
- **Eating Right and Managing Your Weight**
- **Managing Common Symptoms: Morning Sickness, Aches and Pains, Sleep Problems, and others**
- **Tests During Pregnancy: Home Pregnancy Tests, Ultrasounds, Diabetes Tests**

CHILDBIRTH & NEWBORN CARE

Related Learning Pages

Childbirth & Newborn Care

<https://www.myedlogics.com/rewards/learning/modules/reproductive-health/childbirth-newborn-care>

Children's Health

<https://www.myedlogics.com/rewards/learning/modules/childrens-health/detail>

Home Safety

<https://www.myedlogics.com/rewards/learning/modules/home-safety/detail>

Games

Beat The Clock

<https://www.myedlogics.com/rewards/games/beat-the-clock/childbirth-newborn-care>

Drag-N-Drop

<https://www.myedlogics.com/rewards/games/drag-n-drop/childbirth-newborn-care>

HealthMatch

<https://www.myedlogics.com/rewards/games/healthmatch/childbirth-newborn-care>

Hot Topics

Breastfeeding: The Healthiest Choice for Your Infant

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_BREASTFEEDING#play

The Truth About Vaccines

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_VACCINES#play

Cancer Prevention Starts in Childhood

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_EARLYCANCERPREVENTION#play

Infographics

What You Need to Bring Baby Home

<https://www.myedlogics.com/rewards/learning/modules/reproductive-health/childbirth-newborn-care>

Articles

- [Labor & Delivery: Creating a Birth Plan, Signs of Labor, Vaginal Birth, C-Section, Managing Pain, Inducing Labor, Tips for Getting Through Labor](#)
- [Baby Supplies](#)
- [Breastfeeding vs Formula](#)

SUBSTANCE USE DISORDER

Related Learning Pages

Addiction

<https://www.myedlogics.com/rewards/learning/modules/addiction/detail>

Opioid Use & Abuse

<https://www.myedlogics.com/rewards/learning/modules/opioid-abuse/detail>

Save a Life With Naloxone

<https://www.myedlogics.com/rewards/learning/modules/opioid-abuse/naloxone>

Smoking Cessation

<https://www.myedlogics.com/rewards/learning/modules/smoking-cessation/detail>

Hot Topics

Abuse of Prescription Painkillers

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_PAINKILLERABUSE#play

Be Smart About Narcotic Painkillers

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_NARCOTICPAINKILLERS#play

E-Cigarettes: Fad or Fatal?

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_ECIG#play

How to Beat a Painkiller Addiction

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_PAINKILLERADDICTION#play

Living with Chronic Pain

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_CHRONICPAIN#play

Methamphetamine: Dangers Are Crystal Clear

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_METHAMPHETAMINES#play

Recognizing the Signs of Substance Abuse

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_SUBSTANCEABUSESIGNS#play

Smoking Cessation Meds

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_SMOKINGCESSATIONMEDS#play

Teens & Vaping: Is it Safe?

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_TEENVAPING#play

The Heroin Epidemic

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_HEROIN#play

What Binge Drinking Does to Your Body

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_BINGEDRINKING#play

What You Can Do to Prevent HIV

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_PREVENT_HIV#play

Games

Beat The Clock

<https://www.myedlogics.com/rewards/games/beat-the-clock/addiction>

Drag-N-Drop

<https://www.myedlogics.com/rewards/games/drag-n-drop/addiction>

HealthMatch

<https://www.myedlogics.com/rewards/games/healthmatch/addiction>

This or That: Get Naloxone, Save a Life

https://www.myedlogics.com/rewards/games/this-or-that/THIS_OR_THAT_NALOXONE

This or That: Preventing Opioid Addiction

https://www.myedlogics.com/rewards/games/this-or-that/THIS_OR_THAT_OPIOIDS

Resources

- [Drug Abuse Risk Survey](#)
- [Addiction Resources](#)
- [Stop Smoking Support Programs](#)

MENTAL HEALTH

Related Learning Pages

Mental Health

<https://www.myedlogics.com/rewards/learning/modules/mental-health/detail>

Anxiety

<https://www.myedlogics.com/rewards/learning/modules/anxiety/detail>

Bipolar Disorder

<https://www.myedlogics.com/rewards/learning/modules/bipolar-disorder/detail>

Depression

<https://www.myedlogics.com/rewards/learning/modules/depression/detail>

Eating Disorders

<https://www.myedlogics.com/rewards/learning/modules/eating-disorders/detail>

Stress

<https://www.myedlogics.com/rewards/learning/modules/stress/detail>

Infographics

Stress Toolkit

<https://www.myedlogics.com/rewards/learning/modules/coronavirus/stress-toolkit>

What to Say/What Not to Say ... If Someone Is Thinking About Suicide

<https://www.myedlogics.com/rewards/learning/modules/depression/what-to-say-suicide>

5 Super-Simple Ways to Take Care of Your Mental Health

<https://www.myedlogics.com/rewards/learning/modules/mental-health/5-ways>

Coping with Grief & Loss

<https://www.myedlogics.com/rewards/learning/modules/cancer/grief-and-loss>

Hot Topics

Easy Stress Busting

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_STRESSBUSTING#play

Finding the Right Mental Health Professional

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_MHPROFESSIONAL#play

How to Build Resilience

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_RESILIENCE#play

Online Health Info: What Can You Trust?

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_ONLINEHEALTHINFORMATION#play

Warning Signs of Suicide

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_SUICIDESIGNS#play

What Is a Panic Attack?

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_PANICATTACK#play

Natural Treatments for Anxiety

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_ANXIETY#play

Mess = Stress: How Clutter Makes You Sick

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_CLUTTER#play

Games

Beat The Clock

<https://www.myedlogics.com/rewards/games/beat-the-clock/mental-health>

Drag-N-Drop

<https://www.myedlogics.com/rewards/games/drag-n-drop/mental-health>

HealthMatch

<https://www.myedlogics.com/rewards/games/healthmatch/mental-health>

Fact or Myth

https://www.myedlogics.com/rewards/games/fact-or-myth/MENTAL_HEALTH_FACT_OR_MYTH

This or That: Stress – What Helps, What Hurts

https://www.myedlogics.com/rewards/games/this-or-that/THIS_OR_THAT_STRESS

Risk Surveys

- [Anxiety Disorder](#)
- [Bipolar Disorder](#)
- [Depression](#)
- [PTSD](#)

Resources

- [What You Can Do to Prevent Suicide](#)
- [Mental Health Resources](#)
- [Student Mental Health Resources](#)

Additional Mental Health Content

- [5 Mindfulness Tools You Can Use Right Now](#)
- [Real-Life Rx: Stress Less](#)
- [Real-Life Rx: Ease Anxiety](#)
- [Real-Life Rx: Fight Depression](#)

WOMEN'S HEALTH

Related Learning Pages

Women's Health

<https://www.myedlogics.com/rewards/learning/modules/womens-health/detail>

Caregiving

<https://www.myedlogics.com/rewards/learning/modules/caregiving/detail>

Cancer Center

<https://www.myedlogics.com/rewards/learning/modules/cancer/detail>

Where to Find the Right Care

<https://www.myedlogics.com/rewards/learning/modules/where-to-find-care/detail>

Infographics

10 Health Dangers for Women

<https://www.myedlogics.com/rewards/learning/modules/womens-health/womens-risk-slideshow>

Hot Topics

Could You Have Low Thyroid Problems?

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_HYPOTHYROIDISM#play

Is Breast Cancer in Your Genes?

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_BREASTCANCERGENES#play

Is Long-Term Birth Control Right for You?

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_BIRTHCONTROL#play

Is My Sex Life Normal?

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_NORMALSEXLIFE#play

Mammograms: What You Should Know

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_MAMMOGRAMS#play

Treatments for Extreme Weight Loss

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_EXTREMEWEIGHTLOSSTREATMENTS#play

Ovarian Cancer: What You Might Not Know

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_OVARIANCANCER#play

Period Problems

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_PERIODPROBLEMS#play

STDs & Superbugs

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_STDSUPERBUGS#play

Surprising Heart Attack Triggers

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_HEARTATTACKTRIGGERS#play

Understanding Fibromyalgia

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_FIBROMYALGIA#play

Who Takes Care of the Caregiver?

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_CAREGIVERCARE#play

Why Is My Hair Falling Out?

https://www.myedlogics.com/rewards/hot-topics/HOT_TOPICS_HAIRLOSS#play

Games

Beat The Clock

<https://www.myedlogics.com/rewards/games/beat-the-clock/womens-health>

Drag-N-Drop

<https://www.myedlogics.com/rewards/games/drag-n-drop/womens-health>

HealthMatch

<https://www.myedlogics.com/rewards/games/healthmatch/womens-health>

Fact or Myth

https://www.myedlogics.com/rewards/games/fact-or-myth/WOMENS_HEALTH_FACT_OR_MYTH

This or That: Sticky Work Situations

https://www.myedlogics.com/rewards/games/this-or-that/THIS_OR_THAT_STICKY_WORK_SITUATIONS

Articles

- [Health Screenings for Women 18-39](#)
- [Health Screenings for Women 40-64](#)
- [Health Screenings for Women Over 65](#)