

## Health Information Geared to Readability Levels

### *Three Examples*

#### **12<sup>th</sup> Grade Reading Level**

It is important to know that premature births and newborn illnesses may be decreased by care obtained early in pregnancy. The physician is actively involved in testing the pregnant woman for pregnancy-induced diabetes and other health problems. Research has shown that certain health problems in the mother cause premature births and illness in newborns. It clearly makes good sense to see your primary care physician or an obstetrician as soon as the pregnancy is suspected. The physician can detect and treat these problems as early as possible. Early prenatal care results in healthier babies.

#### **8<sup>th</sup> Grade Reading Level**

If you are pregnant or think you may be pregnant, call for an appointment right away. Getting care early in your pregnancy will help you have a healthy pregnancy and a healthy baby. Your doctor (or an OB-GYN doctor you choose from our list) will give you a complete check-up. He or she will also give you certain tests to make sure everything is going well. If there are any problems, it is good to find them early. That way, you have the best chance for a healthy baby.

#### **4<sup>th</sup> Grade Reading Level**

If you are pregnant or think you might be, go to the doctor as soon as you can. If you start your care early, things will go better for you and your baby. Your own doctor or a child-birth doctor from our list will give you a first exam. Tests each month or so will let you know if all is going well. If there is a problem, you will know right away. Then we can do what is needed. Early care is the best way to have a healthy child. Your baby counts on you.