

Healthy Beyond Pregnancy

Why is postpartum care important?

How it works

How it works

Get

~~Receive~~ personalized care

We'll give you

Get postpartum information

~~that you want~~
~~targeted specifically to your needs.~~

Commit to a visit

Get your postpartum visit scheduled
Preschedule and commit to a visit
to follow up post delivery.

Get a reward

If you come for your PV
Receive a reward after your visit.
~~You receive a reward~~
~~reconnecting to care after delivery~~

Deliver
Your
Baby
Healing Beyond
Pregnancy Program
Receive PP Advice
in Text
Leave Hospital

Come to Your
PPV and
Earn a Reward

include
Sme trial
of medicine?

Let's get started

Start

Personalized Care

During the PPD we can talk about many
~~The postpartum visit is a time for us to address~~
important health issues for you and your baby.

(which are the most important issues to you)
Tell us how important the following issues are to you:

Getting birth control

not at all

not really

neutral

somewhat

very important

Breastfeeding support

not at all

not really

neutral

somewhat

very important

Checking on my mood after delivery, screening for depression

☐ not at all

☐ not really

☒ neutral

☐ somewhat

☐ very important

Talking to a doctor about how to keep my next pregnancy healthy

☐ not at all

☒ not really

☐ neutral

☐ somewhat

☐ very important

Getting advice about diet, exercise, weight loss, and sexual activity after delivery

☐ not at all

☐ not really

☐ neutral

☒ somewhat

☐ very important

Discussing issues of bowel or bladder health such as hemorrhoids or leaking urine

☐ not at all

☐ not really

☒ neutral

☐ somewhat

☐ very important

not at all

not really

neutral

somewhat

very important

Did you have gestational diabetes during this pregnancy?

☐ yes☒ no☐ don't know

Did you have high blood pressure during this pregnancy?

☒ yes☐ no☐ don't know

Did you have a preterm labor during this pregnancy?

☐ yes☐ no☒ don't know

Personalized Care

Based on your answers, please watch two videos with some important information on birth control and breastfeeding support.

Please click Next Video to begin.

Birth control

Colleen Krajewski, MD, MPH

Breastfeeding support



Personalized Care

Feel free to watch more videos on different content areas ^{OR} continue to commit and schedule.

click

Birth control | Breastfeeding support | Screening for depression

Talking to a doctor | Diet, exercise, weight loss, sexual activity | Bowel and bladder health

Gestational diabetes | High blood pressure | Preterm labor

Commit and Schedule

Please commit to and schedule a follow up appointment.

I understand the importance of the postpartum visit in keeping me and my baby healthy and I commit to returning for this visit.

Commit

Commit and Schedule

Please enter the date on which you delivered.

I delivered on

Commit and Schedule

DEV

MARCH 2016

NEXT

ON TUE WED THU FRI SAT SUN

29 1 2 3 4 5 6

March

10:00 AM - 11:00 AM

Dr. Facco

7 8 9 10 11 12 13

11:00 AM - 12:00 AM

Dr. Himes

14 15 16 17 18 19 20

2:00 PM - 3:00 PM

Dr. Himes

21 22 23 24 25 26 27

4:00 PM - 5:00 PM

Dr. Facco

28 29 30 31

Change this to be 21-52ed
from delivery

Commit and Schedule

Please provide a signature and confirm your follow up appointment.

Name

Josh Antonson

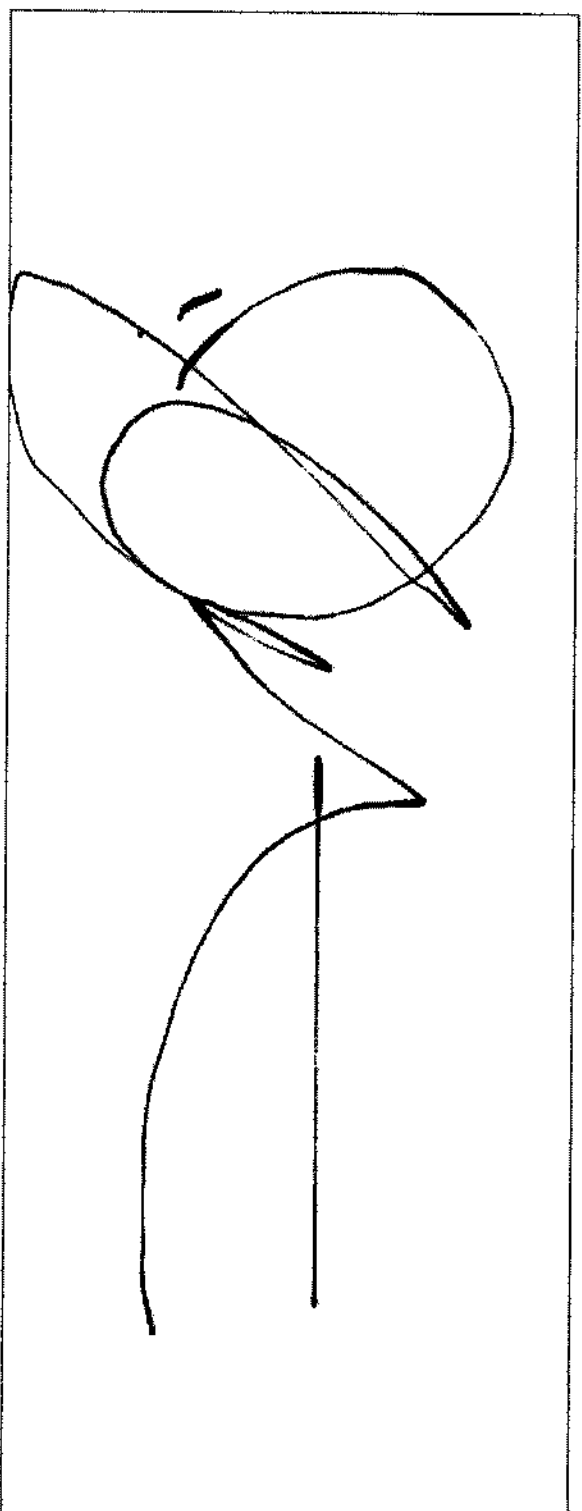
Date of birth

12

03

1994

Signature



Commit and Schedule

Thank you so much for committing to this important health visit.

We look forward to seeing you on XXXXXX/XXXX at XXX AM/PM. Please feel free to bring your baby ~~in tow if that is more convenient for you~~. We love to see the new babies!

We know that you will be busy after delivery, so to say thank you for coming ~~and fulfilling your commitment~~ we will give you XXX when you come for your visit.

To help you remember your visit, please leave an SMS number with us. We will send you visit reminders and will also share helpful tips and links about postpartum health.

Phone number

630-780-9234

Commit and Schedule

Thank you for participating in Healthy Beyond
Pregnancy.

You committed to attending your PP visit on xx/xx/xx. At that visit you will learn more about
XX, XX, and XX.

Remember, if you fulfill your commitment we will thank you with XXXX.