



IMPORTANCE OF A POSTPARTUM VISIT

It is very important to go back and see your doctor 6 and 8 weeks after you deliver. The 6-8 weeks following your delivery is a crucial time. It is very important that you follow up with your doctor. You have a lot to adjust to, your post-pregnancy body and caring for a new baby.

The postpartum visit gives your doctor a chance to make sure you are healing properly. Your doctor will also want to talk to you about how you are handling your new role. The doctor can offer advice to help you adjust better or reassure you that you're doing a great job! Your doctor can answer any questions that you may have about your feelings about motherhood, the way your body is healing or about caring for your new baby. During the postpartum visit you will be able to discuss family planning options as well as advice about nutrition.

Another great reason to go to your postpartum visit 6-8 weeks after delivery is to get your **FREE GIFT** from Health Plan of Michigan. Yes, we will give members a free gift for scheduling and going to your postpartum visit between 6-8 weeks after you deliver. For more information, call Women & Children's Service toll free 1-888-437-0606 ext 2007.