



After You Have Your Baby... Remember to Visit *Your* Doctor.

Pregnancy care does not end when you have your baby. After your baby is born, the **postpartum visit** to your doctor is important for **you**.

When?

- 4-6 weeks after you have your baby.

Why?

- To make sure that your body gets back to the way it was.
- To find any health problems that you do not know about.
- To talk about mood swings or feeling blue.

Each pregnancy is unique. Even if you had no problems after one baby, you should still see your doctor after **each** of your babies.

Schedule your postpartum visit in advance.



Upper Peninsula
Health Plan

www.uphp.com