



## Your baby wants a healthy mom

Healthy babies need healthy moms. That's why we want to help you stay healthy after your baby is born. Your doctor may do an initial checkup one to two weeks after delivery. This is usually to check on healing or remove stitches. Another exam, called a postpartum exam, is needed after this. Even if this is not your first baby, a postpartum exam is important.

### What is a postpartum exam?

A postpartum exam is done 7–84 days after birth. This is when your uterus is back to a normal size. At this exam your OB/GYN doctor will:

- Do a pelvic exam, if needed
- Check your weight, blood pressure and breasts
- Screen for any signs of postpartum depression or domestic issues. Call your doctor right away if you are having problems with anxiety, mood swings or sleeping.
- Talk about nutrition, diet and exercise
- Review your method of feeding your baby (breast or bottle)
- Discuss sexual activity, birth spacing and birth control

### Stay healthy for you — and for your baby

Remember to schedule your postpartum exam within 7–84 days after the birth of your baby.

**Note:** Women with gestational diabetes should be screened for diabetes 6–12 weeks postpartum. This should be followed by subsequent screenings.

### Questions? We're here to help.

Call toll-free **1-866-270-5785**, TTY **711**  
7 a.m.–7 p.m., Monday–Friday.

[myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan)

### Healthy First Steps®

As a member of UnitedHealthcare Community Plan, you have access to this special program that helps you during pregnancy and after.

To sign up, visit  
**UHCHealthyFirstSteps.com**  
Or call **1-800-599-5985**,  
8 a.m.–5 p.m.,  
Monday – Friday.

**United  
Healthcare  
Community Plan**



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UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY **711**, 7 a.m. – 7 p.m. PST, Monday – Friday.

UnitedHealthcare no discrimina en base a raza, color, origen nacional, sexo, edad o discapacidad en programas y actividades de salud.

Ofrecemos servicios gratuitos para ayudarle a comunicarse con nosotros. Tales como, cartas en otros idiomas o en letra grande. O bien, puede solicitar un intérprete. Para pedir ayuda, por favor llame al número de teléfono gratuito para miembros que aparece en su tarjeta de identificación del plan de salud, TTY **711**, de 7 a.m. a 7 p.m. PST, de lunes a viernes.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-270-5785**, TTY **711**.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-866-270-5785**, TTY **711**。