



New Moms: See Your Doctor

Be the best mom you can be! You need to be healthy to take care of your new baby. That is why you need to see your doctor 3 to 8 weeks after having your baby.

This doctor visit is called a postpartum (after birth) checkup. Your postpartum checkup is important because your doctor will:

- Check how your body is healing after having your baby.
- Check any health problems you had while you were pregnant or during your baby's birth.
- Ask if you feel overly sad or anxious.
- Talk with you about what family planning (birth control) method is best for you.
- Refer you to services that you may need, such as food or housing.
- Make sure you stay healthy before having another baby.

Call your doctor and make your appointment for your postpartum checkup. If you need help, call CalViva Health at **1-888-893-1569** (TTY/TDD **1-800-431-0964**).

Doctor's name: _____

Doctor's phone number: _____

Your checkup date and time: _____



Cov Ua Leej Niam Tshiab: Mus Ntsib Koj Tus Kws Kho Mob

Ua ib leej niam zoo tshaj li koj ua tau! Koj yuav tsum noj qab nyob zoo koj thiaj li los tu tau koj tus mos ab tshiaj. Vim li no koj yuav tsum mus ntsib koj tus kws kho mob 3 mus txog li 8 lub asthiv lawv qab thaum koj tau mos ab tag.

Qhov kev mus ntsib kws kho mob no yog hu ua kev kuaj xyuas tom qab yug menyuam tag (lus Askiv hu ua postpartum). Koj txoj kev kuaj xyuas tom qab yug menyuam tag yog ib yam tseem ceeb vim koj tus kws kho mob yuav:

- Kuaj xyuas seb koj lub cev zoo los li cas lawm tom qab koj tau koj tus mos ab.
- Kuaj xyuas yam teebmeem mob koj tau muaj thaum koj tseem xeeb tub lossis thaum koj yug koj tus mos ab.
- Nug seb koj puas kho siab lossis nyob tsis tus.
- Nrog koj tham seb txoj kev npaj tsev neeg (kev tswj kom tsis muaj menyuam) twg yuav yog qhov zoo tshaj rau koj.
- Xa koj mus rau cov kev pab uas tejzaum koj yuav tsum tau xws li, pab zaub mov lossis tsev nyob.
- Saib zoo tias koj yuav noj qab nyob zoo ua ntej koj muaj mos ab ntxiv.

Hu rau koj tus kws kho mob thiab teem lub sijhawm mus kuaj xyuas tom qab yug menyuam tag. Yog koj xav tau kev pab, hu rau CalViva Health ntawm **1-888-893-1569** (TTY/TDD **1-800-431-0964**).

Kws kho mob lub npe: _____

Kws kho mob tus xovtooj: _____

Koj hnuv thiab sijhawm mus kuaj xyuas: _____

Cov lus qhia no tsis yog siv los hloov txoj kev kho mob los ntawm ib tug kws txawj. Thov ua raws li koj tus kws pab kho mob cov lus cob qhia tas mus li. Cov kev pab cuam thiab cov kev pab yuav hloov thaum twg los tau.