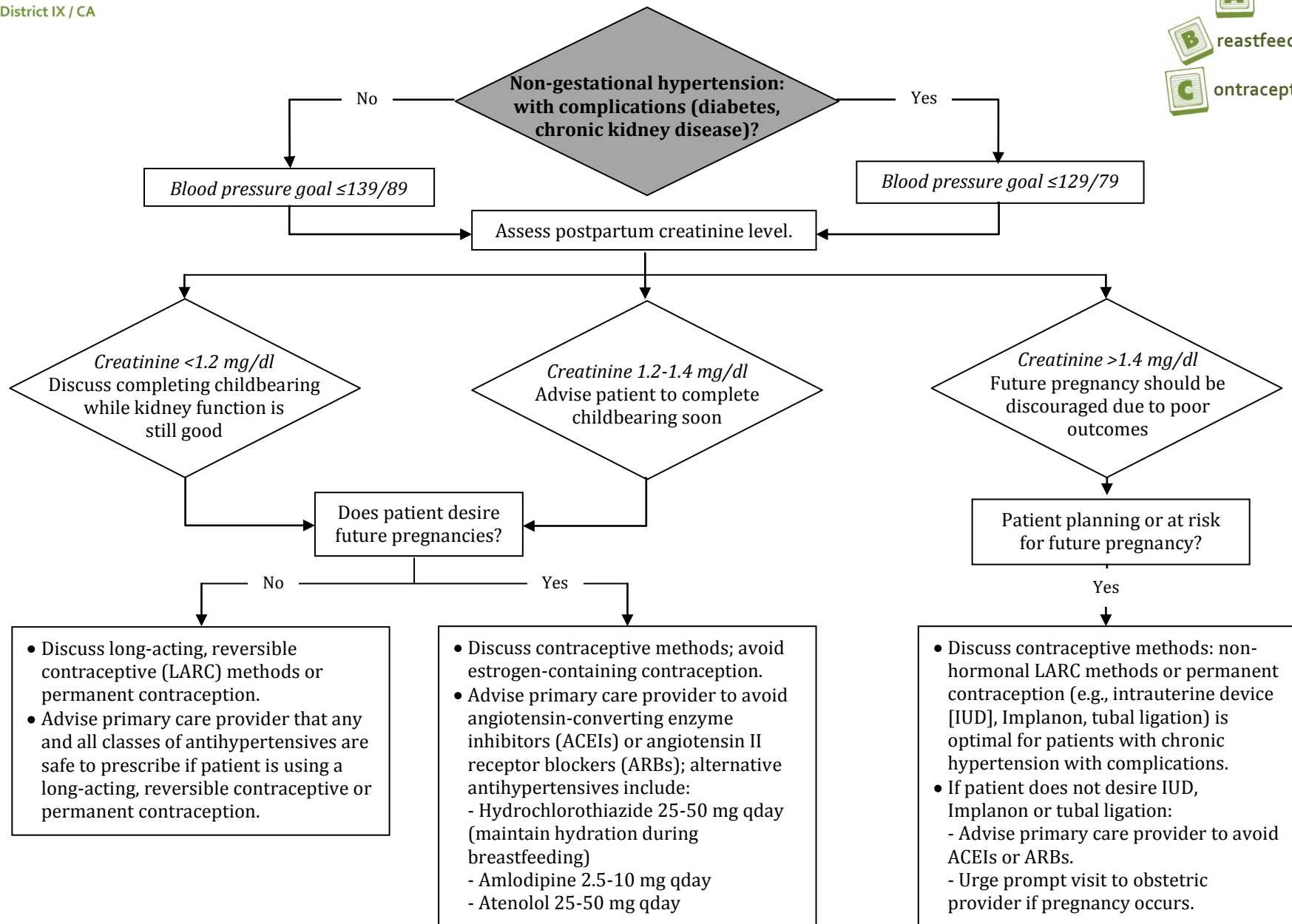


Postpartum Visit Algorithm: Chronic Hypertension

Remember the ABCs:

folic **A**cid
Breastfeeding
Contraception



Postpartum Visit Algorithm: Chronic Hypertension

EVERY DAY

Checklist for Healthy Women

Exercise – 30 minutes a day, 5 days a week

Vitamin – 400 micrograms of Folic Acid per day

Educate yourself about medicines and chemicals that can cause birth defects

Reproductive life planning – set your personal goals for birth control and future children

Yearly doctor visits to discuss physical and mental wellness

Diet – Vegetables, fruits, and whole grains daily

Avoid tobacco, drugs, and alcohol

Your partner, friends, and family should be sources of support

Content from everywomanocalifornia.org used with permission from the Preconception Health Council of California.

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