

Family Planning Services

If you are planning on having more children in the future it is important to think about Family Planning Options and spacing.

It is suggested that women wait 18-23 months between pregnancies.

Low birth weight, pre-term birth and birth defects can happen when women have pregnancies to close together.

You and your doctor can discuss Family Planning Options that are the best fit for you and your family.

Helpful Programs

Your doctor can direct you to programs that can help you care for your new baby.

Nutritional, housing, daycare, and many other programs are available for low income families.

Family Health Network can also help!

Call Member Services at 1-888-346-4968 to ask about our FREE EXTRA BENEFITS and enroll in them today.

Baby's Health Check-up

Your baby should have frequent visits during the first 2 years. Visits should occur at months: 1, 2, 4, 6, 9, 12, 15, 18 and 24 (2 years)

You can expect:

- A physical exam for baby
- Immunization updates
- Weight and height check

Don't be afraid to discuss any questions you may have about your baby's health.

You can call our 24 hour help hotline with your medical questions.
Call NurseNow toll free at 1-888-346-4968

If you would like free information on any of the topics listed below to help you and your baby stay healthy, please call us today.

Family Health Network
Member Services: 1-888-346-4968

Your Pregnancy, Good Nutrition during Pregnancy, Breastfeeding, STD's, Getting Your Period, Breaking Your Smoking Addiction, Asthma and Your Child, and Diabetes.

Your post-partum visit is the easiest way to keep you and your baby healthy.

Do it for you. Do it for your baby.

Family Health Network We are Family!

Family Health Network
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1-888-346-4968
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Visit Family Health Network online at
www.fhnchicago.com

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Family Health Network

Postpartum Care:

Care for After the Birth of Your Baby

Family Health Network is a non-for-profit health plan sponsored by hospitals with doctors in your neighborhood.

*Your Best Health.
From our Family. To your Family.*

We are Family!



FHN Member Services

1-888-346-4968

Congratulations on the birth of your new baby!

Family Health Network believes that your post-partum visit with your doctor is one of the most important visits you will make.

Schedule this appointment and keep it!

This visit is to make sure that you and your baby are healthy.

You should attend your post-partum visit 21-56 days after giving birth.

What should you expect at this visit?

Since your body has gone through many changes during pregnancy and delivery, your doctor will want to make sure that you are recovering and healing properly.

Here is a quick checklist of what to expect at your postpartum visit.

Mom's Health Check-up

Complete Physical:

Weight, blood pressure and other tests to check that your body is healthy

Vagina:

Check healing, muscle tone and any surgical procedures you may have received

Cervix:

Check size of cervix and you may receive your annual Pap exam at this time

Uterus:

Check that the size, shape and location has returned to pre-pregnancy state

Breasts:

Check for problems, redness, pain and discuss any breast feeding issues

Medications:

Any additional prescriptions or changes in medication during pregnancy can be adjusted at this time

Mental Health Screen:

Are you overwhelmed, scared or sad? This screen can identify mental health concerns, like depression, and your doctor can provide treatment

POSTPARTUM DEPRESSION

Postpartum Depression affects many women and it's important to have your doctor screen for this at your visit. Talk to your doctor about how you are feeling after the birth of your baby.

Signs of Postpartum Depression may include:

- severe mood swings
- thoughts of harming your baby
- difficulty bonding with your baby.

Discussion

This is also a great time to ask questions. Have a list ready to discuss with your doctor. Your doctor will be more than happy to address any concerns.

Some things you may want to talk about:

Breast Feeding

Talk to your doctor about breast feeding. This is one of the best things you can do for your newborn.

Breast feeding protects babies from bacteria and viruses. It can reduce the risk of serious diseases. Also, breast feeding helps you lose pregnancy weight quicker. Tell your doctor if you are having trouble breast feeding.

Remember that if you are breast feeding, anything you eat or drink, your baby will also eat and drink. That includes alcohol and drugs. You should stick to a healthy diet for you and your baby!

Diet and Exercise

Your doctor can help you with your diet and exercise program. It is important for your body to heal after birth. This is why your doctor may tell you to rest for a few more weeks before exercising.

Alcohol or Tobacco Use

Drinking alcohol, smoking or using drugs can harm your baby. Discuss treatment if you are trying to quit smoking or have problems with alcohol or drug abuse.

Anything you tell your doctor is confidential. Your doctor's goal is to keep you healthy.

Need FREE TRANSPORTATION to your postpartum visit? Call Member Services 24 hours in advance at 1-888-346-4968