**Postpartum Visit Recommendations**

The weeks following birth are important for a woman and her infant. These weeks set the stage for long-term health and well-being for both mom and baby.

### 2 Follow Up Visits

You should have at least 2 follow up visits within 3 months after giving birth. This time after birth is called the 4th Trimester. Both follow up visits are covered by Medicaid and most other payers.

### 1st Visit

Your first visit with your doctor or other health care provider should take place within 3 weeks after giving birth, and if possible, **should be in-person**.

### 2nd Visit

Your Second Visit Happens 12 weeks after giving birth and should be **in-person**.

### What Do the Visits Cover?

- How you’re feeling both physically and emotionally
- How you’re recovering after birth
- How you’re taking care of your baby, including how feeding your baby is going
- Birth control options for you
  - how long you would like to wait until becoming pregnant again
  - if you prefer not to become pregnant again
- How well you’re sleeping and if you are feeling too tired
- How you’re doing with any other health problems you may have

HTTPS://WWW.ACOG.ORG/CLINICAL/CLINICAL-GUIDANCE/COMMITTEE-OPINION/ARTICLES/2018/05/OPTIMIZING-POSTPARTUM-CARE