

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.**

If an in-person visit is not possible, the visit can take place over the phone, through an app, through a text-message program, or through a home-visiting program.

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