

What Is Postpartum Care?

The Postpartum Period is the time after you give birth. This period usually lasts 6 to 8 weeks but can last up to 1 year. You may feel changes in your body, activities, and diet. It is important to stay aware of your body and mental health during this time. You know your body best. If there is something that is unusual or worrying you, talk with your provider.

Some Topics You Can Talk About with Your Provider

- Breastfeeding
- Postpartum depression
- Jaundice (yellow color in eyes, skin, and urine)
- Vaccines
- Newborn tests
- Child development



Schedule a visit with your doctor

You will get a \$50 gift card automatically in the mail if you have a postpartum health visit within 2–12 weeks after pregnancy.



After the Baby Is Born

You can get Medi-Cal benefits for 12 months after your pregnancy, no matter the outcome of your pregnancy.

At a postpartum health visit, your health provider will check that your body is healing well after giving birth.

If you feel empty, detached, or sad all or most of the time for longer than 2 weeks during or after pregnancy, reach out to your PCP or call Caredon Behavioral Health at **1(855) 371-8117** for a mental health visit. You do not need a referral for mental health care.



See the “Maternal Health: Postpartum Care” fact sheet to learn more about postpartum care.



Visit sfhp.org/wellness for more tools to help you stay healthy. Some of these are health tips, workout classes, groups for managing health problems, and support for quitting smoking.