

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 \$25 gift card in the mail if you have
a postpartum health visit within 1–12 weeks.

After the baby is born

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 Carelon Behavioral Health at **1(855) 371-8117** for a mental health visit.



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.