

## Tip 2: Plan a visit with your healthcare provider to support a healthy pregnancy.

**Are you pregnant or thinking about pregnancy? Be sure to talk to your healthcare provider about these topics at your next visit!**



### ✓ Before pregnancy

Many pregnancies are unplanned. You and your partner should talk with your provider before getting pregnant. [Preconception health care](#) aims to promote the health of women of reproductive age before conception and to improve pregnancy-related outcomes. These important conversations can help reduce your risk of an unplanned pregnancy and increase your chance of having the healthiest pregnancy possible, when you're ready. Talk to your provider about ways to get/stay healthy, contraception and other counseling.

### ✓ Early and regular prenatal care

Those who are already pregnant or think that they could be pregnant should see their healthcare providers as soon as possible. The earlier and more consistently you see your healthcare provider, the more opportunities there are to monitor your pregnancy and address any questions that might arise along the way. So be sure to keep all [prenatal care](#) appointments.

### ✓ Discuss medication and supplement use

Many individuals need to take [medicine](#) to stay healthy, and there are often benefits to continuing your treatment throughout your [pregnancy](#). If you are trying to have a baby or are just thinking about it, now is a great time to start getting ready for pregnancy by talking with your doctor about medications you may be taking, including prescriptions, over the counter, and supplements (herbal and homeopathic). This can give you time to consider all options that can help keep you and your developing baby as healthy as possible.

### ✓ Family medical history

Along with your existing medications and treatments, it is important to consider the health conditions on both sides of the family. Discuss family history of medical conditions with your partner and healthcare professional. Based on your [family history](#), your doctor might alter your care or refer you for genetic or nutritional counseling.

### ✓ Mental Health

Individuals with children or those that are expecting deserve the best - including the very best mental health. [Depression](#) during and after pregnancy is common and treatable. If you think you have depression, seek treatment from your health care provider as soon as possible. The [National Maternal Mental Health Hotline](#) provides free help for those who are pregnant and parenting in English and Spanish.

### ✓ Accessibility to resources including WIC (Women, Infants, and Children), food stamps, Medicaid, etc.

If you and your family need [additional support](#), ask your doctor about how these and other resources may help. Please refer to the Tip 2 resources that are marked on our resources map as a potential starting point if you still aren't sure where to begin.