



Your Health Matters: Don't Skip Your Postpartum Check-Up!

Your postpartum check-up (doctor visit after giving birth) is just as important as your baby's first doctor visits!

This visit helps ensure you are healing well, feeling good, and getting the support you need after giving birth.

It is recommended to schedule a postpartum visit **between 1-12 weeks after birth.**

Why Is Postpartum Care Important?

- **Check Your Recovery:** Your doctor will make sure your body is healing properly.
- **Support Your Mental Health:** This visit is a chance to talk about emotions, stress, and any signs of postpartum depression.
- **Discuss Birth Control Options:** Discuss family planning.
- **Monitor Your Overall Health:** Get help managing blood pressure or other health conditions.
- **Ask Questions:** This is your time to talk about breastfeeding, sleep, or any concerns you have.



Connect with us:

Umpqua Health

Monday – Friday
8 AM – 5 PM

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Your health matters.

Schedule your postpartum visit today. For questions or to make an appointment, contact UHA Customer Care.



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