

Thinking About Your Health?



Your health and well-being are important. Let's make sure you are strong and ready, so when you decide to get pregnant, you'll feel your best.

Take the PreMA (Preconception Medical Assessment) Quiz

- 1 Were you born with a heart problem, or do you currently have a heart problem that needs medical attention?
☐ yes ☐ no
- 2 Have you ever been told that your heart is not working well, or do you have a heart problem?
☐ yes ☐ no
- 3 Has a doctor told you that you have high blood pressure?
☐ yes ☐ no
- 4 Has a doctor told you that you have diabetes?
☐ yes ☐ no
- 5 Have you ever been diagnosed with a lung disease, or do you have a history of breathing problems?
☐ yes ☐ no
- 6 Do you take any medicine that was not prescribed to you by a doctor, like illegal drugs or prescription medicine for reasons other than your health?
☐ yes ☐ no
- 7 Have you ever had a surgery on your stomach or intestines, or do you have a problem with your digestive system?
☐ yes ☐ no
- 8 Have you ever been in the hospital or needed treatment because you drank too much alcohol?
☐ yes ☐ no

Tips for Everyone

- Get a preconception visit to review overall health and existing medical conditions.
- Review medications, including over-the counter and herbal supplements.
- Family planning can give you extra time to get healthy before pregnancy.
- Go to all your prenatal and postpartum visits.
- In partnership with your medical provider, create a pregnancy plan for a healthy pregnancy and a healthy baby.

Always remember to trust your body. If you do not feel right, seek care right away.

4+ yes. For the healthiest baby, your health requires closer and more attention before and during pregnancy. You may have chronic health conditions that require extra attention in pregnancy. See a health care provider at least 6 months prior to trying to become pregnant. You may need more tests, new medications or to see a specialist before and during pregnancy. During delivery you may need extra medical attention.

1-3 yes. For the healthiest baby, your health will probably require more attention before pregnancy. See a health care provider at least 3 months before trying to become pregnant and create a pregnancy plan. You may need more tests, new medications or see a specialist before and during pregnancy.

0 yes. For the healthiest baby, follow the Tips for Everyone suggested above.

Scan the QR code and get started by talking to your health care provider today.



Find resources at **CA.gov**
or **osg.ca.gov/resources**

