



Preconception Medical Assessment (PreMA) Partner Toolkit

The Office of the California Surgeon General (OSG) invites you to amplify the Preconception Medical Assessment (PreMA) online and across social media. PreMA is an eight-question quiz that can help people understand how their current health could impact a future pregnancy. Together we can reduce maternal mortality.

What's included?

- [Video](#)
- [Social media posts](#)
- [Newsletter blurb](#)

Additional information and resources

- Quiz ([English](#) + [Spanish](#))
- [Issue Brief \(Spanish\)](#)
- [Frequently Asked Questions \(Spanish\)](#)
- [Maternal health resources](#)
- [PreMAca.org](#)
- [Strong Start & Beyond](#)

Video

[California Surgeon General Dr. Diana Ramos highlights PreMA](#)

Social Media Posts (English)


#	Example graphic(s)	English Copy
1.	All graphics or video	Your health today can shape your future. The Preconception Medical Assessment (PreMA) is an 8-question quiz developed by the Office of California Surgeon General that can help you start thinking about your health. Take the #PreMA quiz now at PreMAca.org . #StrongStartAndBeyond #MaternalMortality


Tag OSG social media accounts


- [Bluesky](#): @casurgeongeneral.bsky.social
- [Facebook](#): @CASurgeonGeneral
- [LinkedIn](#): @Office of the California Surgeon General
- [Instagram](#): @casurgeongeneral
- [Threads](#): @casurgeongeneral
- [X/Twitter](#): @CA_OSG

Access our content library

- 1) Browse and download all content via [Google Drive](#)
- 2) Select your favorite graphic and corresponding copy for each post
 - a. Alt-text is also provided for accessibility
- 3) Share the post with your audience

#	Example graphic(s)	English Copy
2.	<p data-bbox="276 134 935 173">Thinking about your health? (Graphics 1-2)</p> 	<p data-bbox="1196 134 1680 173">Prevention starts before planning.</p> <p data-bbox="1196 207 2424 282">The Preconception Medical Assessment, also known as #PreMA, is one step toward a healthier you.</p> <p data-bbox="1196 316 2155 355">Be well-informed, supported & empowered to advocate for yourself.</p> <p data-bbox="1196 389 2368 464">Completing PreMA changes the conversation from "Why didn't anyone tell me?" to "Here's what I can do now."</p> <p data-bbox="1196 498 2201 573">Take the #PreMA quiz today at PreMAca.org. #StrongStartAndBeyond #MaternalMortality</p>
3.	<p data-bbox="276 740 822 779">Did you answer yes? (Graphics 3-4)</p> 	<p data-bbox="1196 740 2397 779">Did you know 1 in 3 women of reproductive age have at least one chronic condition?</p> <p data-bbox="1196 813 2438 888">These conditions can be major contributors to maternal mortality, but they don't have to be!</p> <p data-bbox="1196 922 2429 961">Take the #PreMA quiz today at PreMAca.org. It's easy & could make all the difference.</p> <p data-bbox="1196 995 1819 1034">#StrongStartAndBeyond #MaternalMortality</p>
4.	<p data-bbox="276 1352 849 1391">Start the Conversation (Graphics 5-6)</p>	<p data-bbox="1196 1352 2411 1427">The Preconception Medical Assessment (PreMA) is a conversation starter about your health.</p>

#	Example graphic(s)	English Copy
		<p>Talking with your health care provider about your health may help you prepare for your future.</p> <p>Take the #PreMA quiz now at PreMAca.org.</p> <p>#StrongStartAndBeyond #MaternalMortality</p>
5.		<p>People of reproductive age can take the Preconception Medical Assessment (PreMA) anytime, anywhere to better understand their health.</p> <p>#PreMA is free & private. Available now at PreMAca.org. #StrongStartAndBeyond #MaternalMortality</p>
6.	<p>Your Health matters now (graphics 9-10)</p>	<p>Did you know that your current health can impact a future pregnancy?</p> <p>Whether pregnancy is soon or years away, the Preconception Medical Assessment (PreMA) can help you be the healthiest you can be.</p>

#	Example graphic(s)	English Copy
		<p>Take the #PreMA quiz now at PreMAca.org. #StrongStartAndBeyond #MaternalMortality</p>

Newsletter

The Preconception Medical Assessment (PreMA) is a validated, 8-question quiz developed by the [Office of the California Surgeon General \(OSG\)](http://Office of the California Surgeon General (OSG)) that provides healthy tips and insight on how an individual's current health could impact a future pregnancy. PreMA, available in [English](#) and [Spanish](#), is a conversation starter providing information that empowers individuals to advocate for and take steps toward their health. Take PreMA today. Learn more at PreMAca.org.

Customize PreMA

The bottom section of the quiz will default to California resources. However, you may replace it with your resources.

Instructions

1. Go to PreMAca.org.
2. Download the quiz in English or Spanish.
3. Save
4. Edit the bottom portion of the document only (See highlighted section of above image)

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

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

Find resources at CA.gov or osp.ca.gov/resources

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.

****NOTE:** PreMA is a validated questionnaire. **Do not change the questions, tips, or scoring.** You can replace the highlighted section with your resources.