

We're here for you.

The AmeriHealth Caritas Louisiana Bright Start® program is here to help.

If you need help making your postpartum visit or with transportation for the visit, call Bright Start at **1-888-913-0327**, 8 a.m. – 5 p.m., Monday through Friday.

We also have nurses available 24 hours per day, seven days a week, to answer questions about your medical condition when your doctor is not available. You can call the AmeriHealth Caritas Louisiana Nurse Call Line at **1-888-632-0009**.

The first few weeks after delivery can be very busy. Try writing down your questions to take with you to your postpartum visit.

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This is to help you learn about your medical condition. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this material.

AmeriHealth Caritas Louisiana complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, religion, or ability to pay.

You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, seven days a week, at **1-888-756-0004 (TTY 1-866-428-7588)**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede recibir la interpretación por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004 (TTY 1-866-428-7588)** las 24 horas del día, los siete días de la semana.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể yêu cầu thông dịch thông tin này ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi ban Dịch vụ Hội viên phục vụ 24 giờ/ngày, 7 ngày/tuần, theo số **1-888-756-0004 (TTY 1-866-428-7588)**.



Bright Start:
1-888-913-0327
8 a.m. – 5 p.m.,
Monday through Friday



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24 hours a day, 7 days a week
www.amerihealthcaritasla.com



Pregnancy is over... now what?

A guide to taking care of
yourself after pregnancy





Why your postpartum visit is important

Your doctor* may:

- Check to make sure you are healing.
- Help you manage any symptoms.
- Talk about your health.
- Answer questions about your breasts.
- Talk with you about family planning.
- Talk with you about postpartum depression.
- Complete any paperwork you may need for maternity leave or return-to-work forms.

* You can see your OB/GYN, primary care provider, nurse midwife, or nurse practitioner for your postpartum visit. In this brochure we will refer to that person as your doctor.

Your postpartum checkup

You should see your doctor one to 12 weeks after you give birth. At this appointment the doctor will check your recovery from pregnancy and delivery, see how you're doing emotionally, and talk about your needs. This is called your postpartum visit.

Remember, it took nine months for your baby to develop, and your body changed a lot. It will take time for your body to get back to the way it was before pregnancy.

At your postpartum visit, your doctor may:

Check to make sure you are healing.

The doctor will do a physical exam. It is important to go to your postpartum visit even if you are feeling good.

Help you manage any symptoms.

Soreness, swelling, discharge, urinary problems, and breast pain after delivery can be normal, but can also mean there is a problem. Talk with your doctor about these things. Your doctor may have ways to help.

Talk about your health.

Many women want to quickly lose "baby weight" after delivery. Your doctor will let you know when it's safe to exercise. He or she can also help with healthy food choices. Good nutrition is especially important if you are breastfeeding.

Answer questions about your breasts.

You may have questions about your breasts or breastfeeding. Your doctor can help answer any questions you have.

Talk with you about family planning.

It is important to talk with your doctor about family planning at this time. Your doctor will let you know when it is safe to have sex again. Your doctor will tell you about all of the family planning options available and help you select what's best for you. Keep in mind that you can get pregnant as early as three weeks after birth. So, it is important to plan ahead if you do not want to get pregnant right away.

Talk with you about postpartum depression.

Many new moms have "baby blues." You may feel a little sad or teary at times during the first two weeks after giving birth. This is normal. Postpartum depression is more serious. Your doctor may ask you some questions to make sure you do not have postpartum depression. If you think you may have postpartum depression, talk with your doctor. He or she can help.

Complete any paperwork you may need for maternity leave or return-to-work forms.

Bring the forms with you to your visit.

You don't have to wait for your postpartum visit if you have questions. **Talk with your doctor if something is urgent.**

Write your doctor's phone number here:
