

*check on
mom* 

*Caring for yourself is just
as important as caring
for your newborn!*

**So much thought went into your birth plan.
But have you planned for what happens
after the baby is born?**



To learn more and sign up, visit MyCheckOnMom.com,
text "checkonmom" to 63031, or scan the QR code.



Check on Mom is offered at no cost to you. Message and data rates may apply.

Check on Mom: A resource to help you care for you.

Let's be honest. Pregnancy can be hard, and even with the excitement that comes with a new baby, the period that follows birth may be even harder. Check on Mom can help by offering a digital support system that starts during pregnancy and extends to the "fourth trimester" (the 12 weeks following birth), and beyond.

The goal is to help you form a community and provide the resources you need to prioritize your mental health while taking care of a baby.

This program is not meant to replace the medical advice from your healthcare provider.

Check on Mom is designed to help support you as you navigate the changes that come with new motherhood.

Here are some key aspects to the program:

Build your "mom team"



Rally your family, friends, or whomever you feel closest to, and we'll give them the tools, tips, and resources needed to best support you during your fourth trimester and beyond. From folding laundry to lending an ear when you need one, your mom team is your go-to trusted network of support.

Make a plan

Creating a list of your personal needs, everyday to-do's, and postpartum priorities may help support your maternal mental wellness in the fourth trimester and beyond. Your mom team can step in and help you!



Be informed about postpartum depression (PPD)



PPD can be defined as depression that can start during pregnancy or in the first 12 months after delivery. It is one of the more common pregnancy-related medical conditions. Risk factors for PPD include family history of depression, increased stressors, and hormone changes related to pregnancy. If you have questions about PPD, speak with your healthcare provider.



Let's get started.

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**Build your mom team: invite 3-5 people whom you can
count on to help you, and give the team a name**

Make a maternal mental wellness plan

**Start receiving tips, inspirational content, and support
from your mom team**

*check on
mom* ™

*Help support your
maternal mental wellness*

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Questions about the Check on Mom program?
Call 888-428-1583 for live program support.

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