

Prenatal & Postpartum Care

Dear member, our records show that you may be pregnant. Getting medical care during and after your pregnancy is important to ensure you and your baby stay healthy. Learn more about the care you can get below!




Prenatal Care

Regular checkups with your doctor during your pregnancy.

Recommended Visit Schedule:

- Monthly for the first 6 to 28 weeks
- Bi-weekly during weeks 28-36
- Weekly during weeks 36 to 40+

Postpartum Care



A checkup within 7 to 48 days after birth. Your doctor will review your overall health and answer any questions you may have.

We recommend you schedule a postpartum visit even if you feel fine after giving birth.

Contact your PCP or OB for information about support services such as:

- Doula Services
- Nutritionists
- Mental Health Services
- Lactation Education
- Birth Control & more!

Call Prospect Health to schedule appointments and for any questions.