

New mom checkup topics

Your checkup is a great time to ask questions.

Here are some topics you might want to talk about with your doctor:

Physical health

- ☐ Are you having any physical symptoms, such as breast pain or other types of pain, vaginal bleeding or discharge, or problems going to the bathroom?
- ☐ Do you have questions about breastfeeding?
- ☐ What treatment should you get for any health condition, like diabetes, high blood pressure or anemia that you had before or during your pregnancy?
- ☐ When should you come back for regular checkups?

Sexual health

- ☐ When is it safe to have sex again?
- ☐ Which birth control option is right for you?

Emotional health

- ☐ Do you feel sad, lonely, anxious or nervous?
- ☐ Are you depressed, overwhelmed, exhausted or unable to sleep?

Lifestyle and nutrition

- ☐ What is a healthy weight for you?
- ☐ How should you eat for good health?
- ☐ Should you continue to take vitamins? What kind?
- ☐ What physical activities and exercises are best for you?

Other questions (Write your questions here)

New mom checkout form

(Bring this form with you to your checkout)

Follow these steps to receive your gift card. After you've discussed your questions with your doctor, complete this form.

It's so important that you get your new mom checkout, we'll give you a \$25 gift card to do it*.

1. Tell us where to send your gift card:

Address: _____

City: _____

State/ZIP: _____

*New mom checkups must be completed between seven days to 12 weeks after the birth to receive your gift card.

2. Ask your clinic staff to fill out this section:

Patient name: _____

HealthPartners ID#: _____

Date of appointment: _____

Clinic name: _____

Clinic phone number: _____

Baby's delivery date: _____

Clinic staff signature: _____

3. Mail this form to us:

HealthPartners QUI

8170 33rd Ave S

Mailstop 21108X

Bloomington, MN 55425



or



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