

Pre-Pregnancy Care



Boone County
Maternal & Child Health
Advisory Council



Public Health
Prevent. Promote. Protect.

Boone County
Health Department

What is it?

Pre-Pregnancy care is the healthcare a person receives before getting pregnant to help promote a health pregnancy

Why is it Important?

Being healthy and avoiding harmful behaviors pre-pregnancy can reduce the chance of problems during pregnancy.

Helpful Tips



Talk to a healthcare provider about your health history, medical conditions, lifestyle, and family medical history before pregnancy.



Avoid drinking, smoking, and taking certain drugs to reduce the risk of complications during pregnancy.



Adopt a healthy lifestyle and get mental support.

Find a Provider Online



UW Health
(779) 696-7081



Crusader
Community Health
(815) 490-1600



COAR Program
(815) 708-4123

Mental Health Support

www.boonehealth.org
(815) 544-9730 Ext. 3

Cuidado de Pre-Embarazo



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¿Qué es?

El cuidado de pre-embarazo es la asistencia médica que una persona recibe antes de embarazarse para tener un embarazo saludable.

¿Por qué es importante?

Mantiendose saludable y evitando comportamientos dañinos antes del embarazo puede reducir la posibilidad de problemas durante el embarazo.

Consejos Útiles



Habla con un doctor de servicios médicos sobre su historia de salud, condiciones médicas, estilo de vida, y la historia médica de su familia antes de embarazarse.



Evite tomar, fumar, y tomar ciertos medicamentos para reducir el riesgo de tener complicaciones durante el embarazo.



Adopta un estilo de vida saludable y busque apoyo de salud mental.

**Encuentre un doctor en
línea**



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**Apoyo de salud
mental**



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