

Show your love.

You're ready to get pregnant, and you're thinking about the future. This is the time to nurture and love yourself by planning and preparing your body for pregnancy and following some simple steps to improve your preconception health.

What is preconception health?

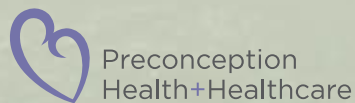
- Preconception health refers to a woman's health during the years she can have a child.
- A woman's health before she gets pregnant can affect the health of her baby.

What can you do?

- Choose behaviors like eating a healthy diet, being physically active and taking folic acid every day.
- Stop drinking alcohol, smoking, and using street drugs.
- Get screened and tested for possible medical problems like infections or diabetes.
- Talk with your doctor about how to best manage your medical conditions with pregnancy in mind.
- Make sure your vaccinations are up-to-date.
- Get mentally healthy.

Taking good care of yourself now can make all the difference for you and your baby. Because healthy women make healthy mothers and healthy mothers make healthy babies. For more information on improving your preconception health and getting your body ready for pregnancy, talk with your doctor and visit www.cdc.gov.

YOUR BABY WILL THANK YOU FOR IT.



Show your love.

This is the time in your life when many possibilities lie ahead. And while the demands of everyday life may be great, it's important to focus on your mind, body and spirit as well. By loving and nurturing yourself, you'll be ready to take on the world.

What loving steps can you take?

- Choose behaviors like eating a healthy diet, being physically active and taking folic acid every day.
- Stop smoking, using street drugs, and drinking excessive amounts of alcohol.
- Get screened and tested for possible medical problems like infections or diabetes.
- Talk with your doctor about how to best manage your medical conditions.
- Make sure your vaccinations are up-to-date.
- Get mentally healthy.
- Get regular checkups at least once a year.
- Use effective birth control to prevent pregnancy.

Taking care of yourself now can make all the difference for a full and healthy future. For more information on taking these loving steps, talk with your doctor and visit www.cdc.gov.

YOUR BODY WILL THANK YOU FOR IT.



Preconception
Health+Healthcare





Your window of opportunity improves with good health.

There's a window in your life when you can see so many possibilities ... What you want to be, where you wish to go, and the people you hope will be with you when you get there. And if you want to get pregnant in the next year or two, the time to think about your preconception health and start planning your pregnancy is now.

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- Get mentally healthy.

For more information on preconception health and planning your pregnancy, talk with your doctor and visit www.cdc.gov.

YOUR WINDOW. YOUR HEALTH. YOUR FUTURE.





With good health, your future is open to endless possibilities.

There's a window in your life when you can see so many possibilities ... What you want to be, where you wish to go, and the people you hope will be with you when you get there. Your health is important in achieving the goals and dreams you set for yourself.

What steps can you take to be at your best?

- Choose behaviors like eating a healthy diet, being physically active and taking folic acid every day.
- Stop smoking, using street drugs, and drinking excessive amounts of alcohol.
- Get screened and tested for possible medical problems like infections or diabetes.
- Talk with your doctor about how to best manage your medical conditions.
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Your health now can affect the woman you become. For more information on how to be your best, talk with your doctor and visit www.cdc.gov.

YOUR WINDOW. YOUR HEALTH. YOUR FUTURE.



Preconception
Health+Healthcare



This is the time in your life when many opportunities lie ahead. To take full advantage of these opportunities, there are positive steps that can help you become the best you can be. With attention and care to both the physical and emotional aspects of your health, you'll be better prepared to achieve your goals. There's no better time than now to take these steps to a healthy lifestyle.

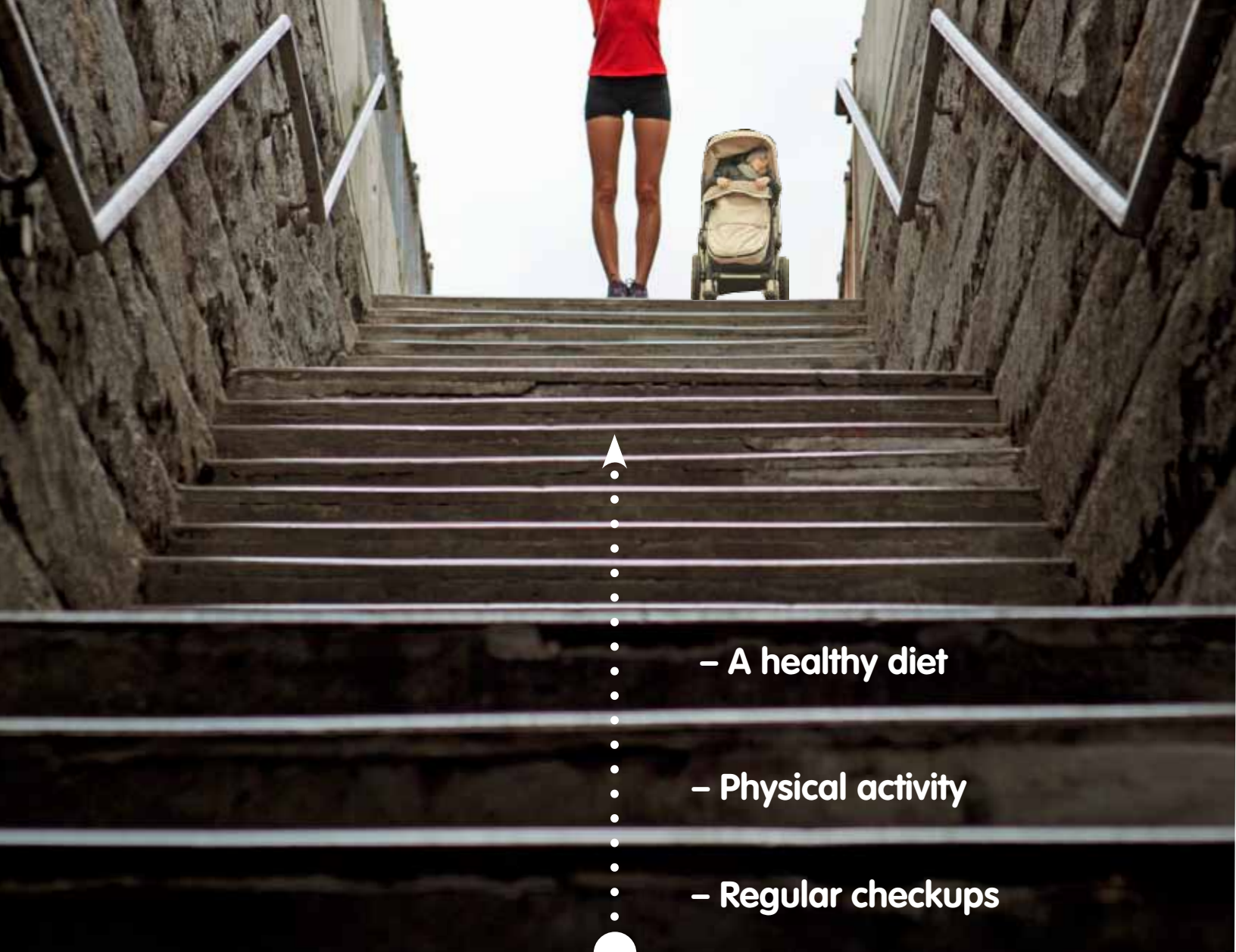
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- Get regular checkups at least once a year.
- Use effective birth control to prevent pregnancy.

By taking these healthy steps now you'll be ready for just about anything. For more information on taking steps to a healthier you, talk with your doctor and visit www.cdc.gov.

TAKE STEPS NOW, YOUR BODY WILL THANK YOU FOR IT.





– A healthy diet

– Physical activity

– Regular checkups

Baby steps for a healthy baby.

You're ready to get pregnant, and you're thinking about the future. It's the healthy steps you take during your preconception years that can make all the difference for you and your baby's future.

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What steps can you take?

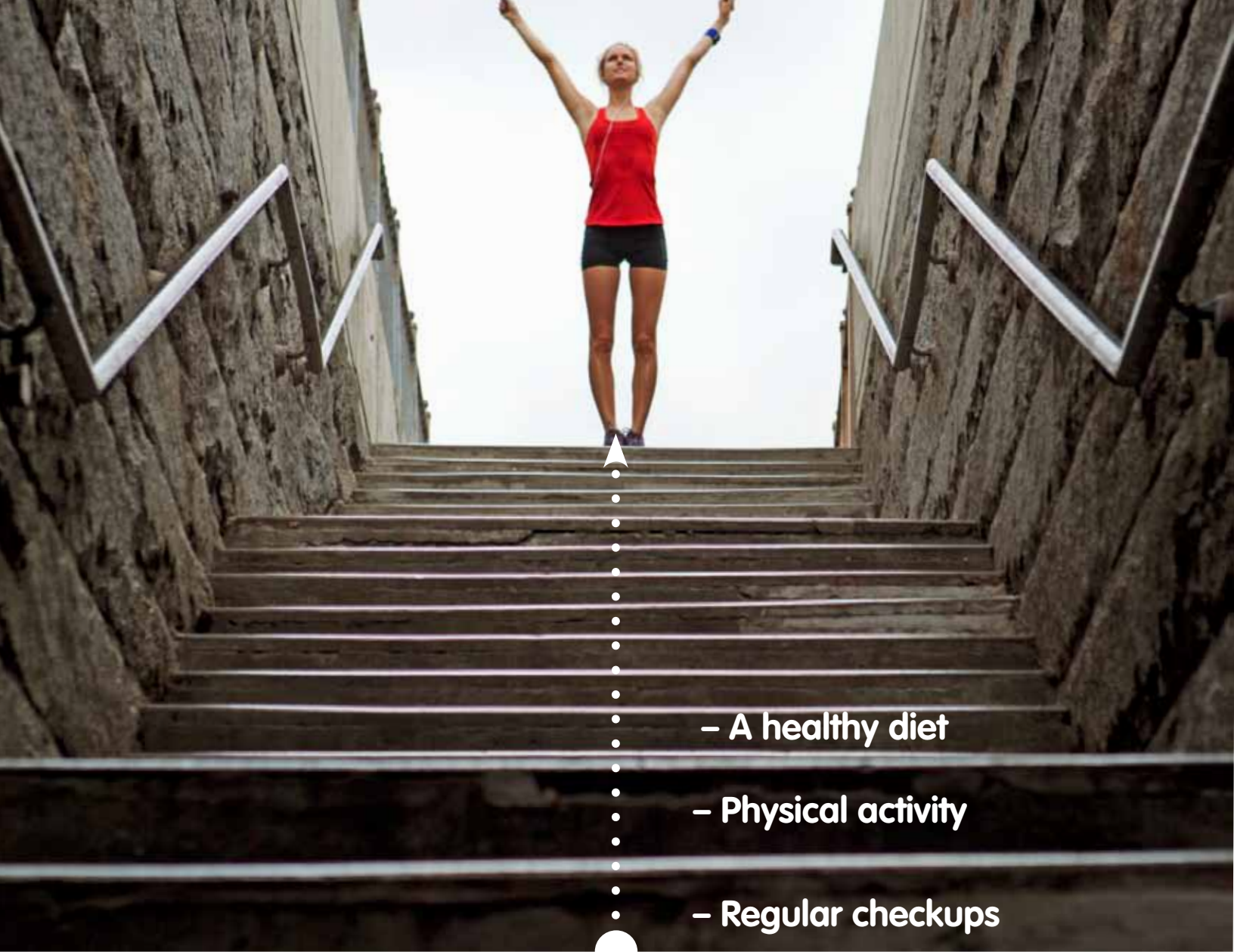
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- Make sure your vaccinations are up-to-date.
- Get mentally healthy.

Healthy women make healthy mothers and healthy mothers make healthy babies. For more information on improving your preconception health and taking the steps that can lead to a healthier pregnancy, talk with your doctor and visit www.cdc.gov.

A healthy baby begins now -- and begins with you.



Preconception
Health+Healthcare



– A healthy diet

– Physical activity

– Regular checkups

Take steps.

This is the time in your life when many opportunities lie ahead. By taking some positive steps, you'll be on the right path to reach them. With attention and care to the physical and emotional aspects of your health you can be better prepared to achieve your goals. There's no better time than now to start taking the steps to a healthy lifestyle.

What steps can you take to be at your best?

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If you take steps now, you'll be ready for just about anything.



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