

# POST PREGNANCY CARE



**CARING FOR BABY STARTS WITH  
CARING FOR YOURSELF**

## What is Post-Pregnancy Care?

Post-pregnancy care, also known as postpartum care, involves the health management of the mother and baby following childbirth. This period focuses on supporting the mother's recovery, monitoring the baby's development, and addressing any complications that may arise in the weeks and months after delivery. Effective post-pregnancy care is essential for ensuring the well-being of both mother and baby as they adjust to life outside the womb.

## Benefits of Joining One Care Connect Post-Pregnancy Care Program

1. Regular follow-up appointments to monitor your recovery and address any health issues or concerns.
2. Personalized guidance from health coaches and nutritionists to support physical recovery and mental well-being.
3. Convenient virtual consultations with specialists, including lactation consultants and mental health professionals, to address any post-pregnancy concerns.
4. Resources and advice on newborn care, breastfeeding, and adjusting to new family dynamics.



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## What to Follow During Post-Pregnancy

1. Keep up with scheduled check-ups to monitor your recovery and the health of your baby.
2. Focus on getting enough rest, maintaining a healthy diet, and staying hydrated to support your recovery.
3. Pay attention to your emotional well-being and seek support if you experience symptoms of postpartum depression or anxiety
4. Start with light activities and gradually increase intensity as advised by your healthcare provider.

## What to Avoid During Post-Pregnancy

1. Avoid heavy lifting and strenuous activities that could impede your recovery. Follow your healthcare provider's advice on resuming physical activities.
2. Report any unusual pain, bleeding, or other symptoms to your healthcare provider promptly.
3. Avoid excessive caffeine, alcohol, and smoking, as these can affect your recovery and overall health

## Complications of Ignoring Post-Pregnancy Care

1. Insufficient attention to postpartum care can slow your physical and emotional recovery.
2. Untreated postpartum depression or anxiety can affect your well-being and ability to care for your baby.
3. Conditions such as postpartum hemorrhage, infections, or complications from cesarean sections can arise if not properly monitored.

	Annual Wellness Plans	Connect	Care	CarePlus
	Worth of INR			
1	Digital ABHA ID	✓	✓	✓
2	Personal Health Profile	✓	✓	✓
3	Personal Health Coach	✓	✓	✓
4	Tele Consultations*			
5	Medications			
6	Lab Tests			
7	Specialty Doctors			

### In Compliance With



### Partners

