

“My Choice, My Life”

Take control of **YOUR** health

You have a choice to be healthy. A choice to decide. A choice for the future.

Ask yourself the One Key Question®: “Would you like to become pregnant in the next year?”

Taking action on health issues before pregnancy can prevent future problems for you and your baby.

What will your future bring?

Would you like to become pregnant in the next year?

Yes! Absolutely! Or possibly/maybe:

The most important time to prevent problems in pregnancy is before you become pregnant.

Nope - Not for me!

Now is the time to speak with your Health Care Provider about your family planning option so your pregnancies are planned, healthy and wanted.

Becoming healthy is an important step, regardless of your choice. Here are some steps to take to become healthy.



Plan ahead by talking to your Health Care Provider about your choice to become pregnant or not to become pregnant.

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Have regular checkups with your Dentist at least twice a year



SMOKING QUIT LINE:

1-800-QUIT-NOW (1-800-784-8669)

SAMHSA's Treatment Referral Help Line:

1-800-662-HELP (4357)



Stay active and eat fresh foods. Consider taking recommended vitamins.

DHHS Nebraska Family HELPLINE:

1-888-866-8660

Know your medical history, including immunizations



Live free of domestic violence - get help if needed: 1-800-799-7233



Protect yourself from dangerous chemicals

Take care of your mind and spirit, in addition to your body



No smoking, drugs or alcohol - get help to stop if needed

More information on Preconception / Interconception Health is on the Nebraska Department of Health and Human Services website at dhhs.ne.gov/MomAndBaby.

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