

# New moms need care, too.

## Schedule your postpartum exam 4 to 6 weeks after delivery.

This is the time to talk to your doctor about:

- Breastfeeding.
- Contraception.
- Depression, mood swings, and anxiety.
- Exercise.
- Fatigue and sleep.

Don't skip this important exam.  
A healthy mom makes for a healthy baby.



Insurance or benefit administration may be provided by Highmark Blue Cross Blue Shield West Virginia or Highmark Senior Solutions Company, which are independent licensees of the Blue Cross Blue Shield Association.

Highmark Senior Solutions Company is a PPO plan with a Medicare contract. Enrollment in Highmark Senior Solutions Company depends on contract renewal.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

The information provided is intended to provide general information only and does not attempt to give you advice that relates to your specific circumstances. This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions or concerns regarding a medical condition.

Medical services described herein are covered in accordance with the terms of your benefit agreement. Network coverage varies by plan. Check your member materials for details.

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Because Life.™