



Preconception Health is important for every woman.

It means taking control and choosing healthy habits.

It means living well, being healthy and feeling good about your life.

It means making a plan for the future and taking the steps to get there.

Tips for Living a Healthy Lifestyle

Make a Reproductive Life Plan

- Do you think you want children someday? How many? When?
- Do you have a plan to prevent pregnancy?
- How will you prevent an unplanned pregnancy – for instance, by abstinence or with birth control? Discuss your plan with your health care provider.

Be Proactive

- Get screened for chronic diseases and health conditions.
- Take care of health problems – don't ignore them.
- If you are sexually active, know your HIV status and get tested for sexually transmitted infections (STIs). Always insist on using protection. Be sure your partner is tested too.
- Learn your family medical history.

BE HEALTHY. LIVE WELL.

CHOOSE YOUR HEALTH

Manage Stress and Mental Health. Seek help for:

- Unhealthy relationships and violence
- Trouble coping with problems or daily activities
- Excessive anxiety
- Persistent depression or indifference
- Thoughts about suicide
- Extreme mood swings, excessive anger or violent behavior

Links to Information

If you are concerned about your **mental health** or a loved one's mental health, seek advice:

www.aamentalhealth.org

MyPlate illustrates the five food groups that are building blocks for a healthy diet.

To learn more about building a healthy plate:

www.choosemyplate.gov

Create a Reproductive Life Plan:

www.cdc.gov/preconception/reproductiveplan.html

For help quitting smoking:

www.learntolivehealthy.org or

www.smokingstopshere.com

For help with **alcohol or substance abuse**, call the Substance Abuse Treatment Referral Line at 410-222-0117.

HAVE A HEALTHY BABY.

www.aahhealthybabies.org



Minority Health and
Health Disparities
Maryland Department of Health
and Mental Hygiene



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