

Reproductive Health & Wellness Program

Reproductive Life Plan



ONE KEY QUESTION...

Do plan to become pregnant within the next year?

PLANNING FOR A FAMILY

Do you have children now?

If yes, do you want more children?

Do you know about safe spacing (time between pregnancies)?

Are you now using a birth control?

YOUR HEALTH HISTORY

Things that may cause a problem if you want to become pregnant:

Do you smoke or use vapors?

Do you drink alcohol?

Do you use street drugs or prescription drugs for fun?

Do you take a multivitamin with folic acid every day?

Do you have more than one partner or many partners?

Do you have a primary care provider?

Do you see them for any conditions?

Do you eat too much or not eat enough?

Do you take any special medications every day?

HEALTH HISTORY FOR YOU, YOUR PARTNER AND YOUR FAMILY

It is important to know your health history before you become pregnant. Sometimes what your family or partner has can affect you, your family or unborn baby.

Are your vaccines up to date?

Do any of the following apply to you?

A baby born 4 weeks early or weighing less than 5 pounds

Have you had a baby that died before 1st birthday?

High blood pressure in pregnancy

Diabetes in pregnancy

A baby with a heart defect

Two or more miscarriages

Stillborn baby

Continued on reverse side...

Reproductive Life Plan, continued

EMOTIONAL HEALTH

Things that can cause a problem if you want to be a parent or have a healthy relationship:

Do you often feel sad?

Do you often feel overwhelmed?

Do you feel safe at home?

Does anyone force you to have sex when you don't want to?

LIFE GOALS

What is important to you?

Family

Good health

Education

Career or job

Healthy relationships

Eating healthy

Being more active

Having good preconception health and wellness

Making my own choices about my health

Having health insurance coverage

Practice safe sex (use a condom)

Having that crucial conversation about birth control

ADDITIONAL RESOURCES

I want more information about...

Birth control methods

Stop smoking

Alcohol/drug abuse

Eating Healthy or losing weight

Being more active or exercising

Physical/emotional abuse

Depression or sadness

Sexually transmitted infections

Health insurance coverage



QUESTIONS?

Contact the Women's Health &
Family Planning Center at
Columbus Public Health: 614-645-1850

