

[Onscreen] DHHS and CDC logo.

[Music]

[Onscreen text] Allyson Felix, Most decorated track and field athlete.

When I cross the finish line, it's not just me. I succeed because of others. When I was pregnant, I survived because of others.

At 32 weeks, I was diagnosed with preeclampsia and had an emergency C-section. Because my doctor took quick action and my husband was there to help me, I'm alive.

Too many women die of pregnancy-related complications and most are preventable.

If you or someone you know is pregnant or recently had a baby, learn the warning signs. It could help save her life.

Hear Her.

[Onscreen] Hear Her. Learn more at [cdc.gov/HearHer](https://www.cdc.gov/HearHer).