Show your love.

You're ready to get pregnant. It's time to nurture and love yourself by planning and preparing your body for pregnancy. Take these steps to improve your preconception health.

What is preconception health?

- Preconception health refers to a woman's health during the years she can have a baby.
- A woman's health before she gets pregnant can affect the health of her baby.

What can you do?

- Choose behaviors like eating a healthy diet, being physically active and taking folic acid every day.
- Stop drinking alcohol, smoking, and using street drugs.
- Get screened and tested for possible medical problems like infections or diabetes.
- Talk with your doctor about how to best manage your medical conditions and medicines with pregnancy in mind.

For more information on how to improve your health now, talk with your doctor and visit **www.cdc.gov/showyourlove.**

Your Baby Will Thank You For It!

Show Your Love Preconception Health

Centers for Disease Control and Prevention
National Center on Birth Defects and Developmental Disabilities

1-800-CDC-INFO