

# Take Control of **YOUR** Health

You have a choice to be healthy. A choice for the future.

Ask yourself the One Key Question®: "Would you like to become pregnant in the next year?"  
Taking action on health issues before pregnancy can prevent future problems for you and your baby.  
What will your future bring?

## Would you like to become pregnant in the next year?

**Yes!** *Absolutely! Or possibly/maybe:*

The most important time to prevent problems in pregnancy is before you become pregnant.

**Nope** - *Not for me!*

Now is the time to speak with your Health Care Provider about your family planning option so your pregnancies are planned, healthy and wanted.

**Becoming healthy is an important step, regardless of your choice. Here are some steps to take to become healthy.**



**Plan ahead by talking to your Health Care Provider about your choice to become pregnant or not to become pregnant.**

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

**Have regular checkups with your Dentist at least twice a year**



**SMOKING QUIT LINE:  
1-800-QUIT-NOW (1-800-784-8669)**

**SAMHSA's Treatment Referral Help Line:  
1-800-662-HELP (4357)**

**DHHS Nebraska Family HELPLINE:  
1-888-866-8660**



**Stay active and eat fresh foods. Consider taking recommended vitamins.**

**Know your medical history, including immunizations**



**Live free of domestic violence - get help if needed: 1-800-799-7233**



**Protect yourself from dangerous chemicals**

**Take care of your mind and spirit, in addition to your body**



**No smoking, drugs or alcohol - get help to stop if needed**

More information on Preconception / Interconception Health is on the Nebraska Department of Health and Human Services website at [dhhs.ne.gov/MomAndBaby](http://dhhs.ne.gov/MomAndBaby).

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Dept. of Health & Human Services (HHS) under Maternal Child Health Title V Funding. This information or content and conclusions are those of the presenters and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.