



An Anthem Company

## New mother postpartum visit schedule

The postpartum visit is an important part of overall pregnancy care and should occur between 7 to 84 days following delivery. Per the American College of Obstetricians and Gynecologists, all women should ideally have contact with a maternal care provider within the first three weeks postpartum. This initial assessment should be followed up with ongoing care as needed, concluding with a comprehensive postpartum visit no later than 12 weeks after birth. The goals of this visit are to assess the health of the mother, evaluate mother-infant bonding and breast feeding, and discuss family-planning options. Please see the table below to assist in when to schedule a postpartum visit with a new mother.

Schedule visit		
Delivery	From	To
Jan 1	Jan 8	Mar 25
Jan 2	Jan 9	Mar 26
Jan 3	Jan 10	Mar 27
Jan 4	Jan 11	Mar 28
Jan 5	Jan 12	Mar 29
Jan 6	Jan 13	Mar 30
Jan 7	Jan 14	Mar 31
Jan 8	Jan 15	Apr 1
Jan 9	Jan 16	Apr 2
Jan 10	Jan 17	Apr 3
Jan 11	Jan 18	Apr 4
Jan 12	Jan 19	Apr 5
Jan 13	Jan 20	Apr 6
Jan 14	Jan 21	Apr 7
Jan 15	Jan 22	Apr 8
Jan 16	Jan 23	Apr 9
Jan 17	Jan 24	Apr 10
Jan 18	Jan 25	Apr 11
Jan 19	Jan 26	Apr 12
Jan 20	Jan 27	Apr 13
Jan 21	Jan 28	Apr 14
Jan 22	Jan 29	Apr 15
Jan 23	Jan 30	Apr 16
Jan 24	Jan 31	Apr 17
Jan 25	Feb 1	Apr 18
Jan 26	Feb 2	Apr 19
Jan 27	Feb 3	Apr 20
Jan 28	Feb 4	Apr 21
Jan 29	Feb 5	Apr 22
Jan 30	Feb 6	Apr 23
Jan 31	Feb 7	Apr 24
Feb 1	Feb 8	Apr 25
Feb 2	Feb 9	Apr 26
Feb 3	Feb 10	Apr 27
Feb 4	Feb 11	Apr 28
Feb 5	Feb 12	Apr 29
Feb 6	Feb 13	Apr 30
Feb 7	Feb 14	May 1
Feb 8	Feb 15	May 2
Feb 9	Feb 16	May 3
Feb 10	Feb 17	May 4
Feb 11	Feb 18	May 5

Schedule visit		
Delivery	From	To
Feb 12	Feb 19	May 6
Feb 13	Feb 20	May 7
Feb 14	Feb 21	May 8
Feb 15	Feb 22	May 9
Feb 16	Feb 23	May 10
Feb 17	Feb 24	May 11
Feb 18	Feb 25	May 12
Feb 19	Feb 26	May 13
Feb 20	Feb 27	May 14
Feb 21	Feb 28	May 15
Feb 22	Feb 29	May 16
Feb 23	Mar 1	May 17
Feb 24	Mar 2	May 18
Feb 25	Mar 3	May 19
Feb 26	Mar 4	May 20
Feb 27	Mar 5	May 21
Feb 28	Mar 6	May 22
Feb 29	Mar 7	May 23
Mar 1	Mar 8	May 24
Mar 2	Mar 9	May 25
Mar 3	Mar 10	May 26
Mar 4	Mar 11	May 27
Mar 5	Mar 12	May 28
Mar 6	Mar 13	May 29
Mar 7	Mar 14	May 30
Mar 8	Mar 15	May 31
Mar 9	Mar 16	Jun 1
Mar 10	Mar 17	Jun 2
Mar 11	Mar 18	Jun 3
Mar 12	Mar 19	Jun 4
Mar 13	Mar 20	Jun 5
Mar 14	Mar 21	Jun 6
Mar 15	Mar 22	Jun 7
Mar 16	Mar 23	Jun 8
Mar 17	Mar 24	Jun 9
Mar 18	Mar 25	Jun 10
Mar 19	Mar 26	Jun 11
Mar 20	Mar 27	Jun 12
Mar 21	Mar 28	Jun 13
Mar 22	Mar 29	Jun 14
Mar 23	Mar 30	Jun 15
Mar 24	Mar 31	Jun 16

Schedule visit		
Delivery	From	To
Mar 25	Apr 1	Jun 17
Mar 26	Apr 2	Jun 18
Mar 27	Apr 3	Jun 19
Mar 28	Apr 4	Jun 20
Mar 29	Apr 5	Jun 21
Mar 30	Apr 6	Jun 22
Mar 31	Apr 7	Jun 23
Apr 1	Apr 8	Jun 24
Apr 2	Apr 9	Jun 25
Apr 3	Apr 10	Jun 26
Apr 4	Apr 11	Jun 27
Apr 5	Apr 12	Jun 28
Apr 6	Apr 13	Jun 29
Apr 7	Apr 14	Jun 30
Apr 8	Apr 15	Jul 1
Apr 9	Apr 16	Jul 2
Apr 10	Apr 17	Jul 3
Apr 11	Apr 18	Jul 4
Apr 12	Apr 19	Jul 5
Apr 13	Apr 20	Jul 6
Apr 14	Apr 21	Jul 7
Apr 15	Apr 22	Jul 8
Apr 16	Apr 23	Jul 9
Apr 17	Apr 24	Jul 10
Apr 18	Apr 25	Jul 11
Apr 19	Apr 26	Jul 12
Apr 20	Apr 27	Jul 13
Apr 21	Apr 28	Jul 14
Apr 22	Apr 29	Jul 15
Apr 23	Apr 30	Jul 16
Apr 24	May 1	Jul 17
Apr 25	May 2	Jul 18
Apr 26	May 3	Jul 19
Apr 27	May 4	Jul 20
Apr 28	May 5	Jul 21
Apr 29	May 6	Jul 22
Apr 30	May 7	Jul 23
May 1	May 8	Jul 24
May 2	May 9	Jul 25
May 3	May 10	Jul 26
May 4	May 11	Jul 27
May 5	May 12	Jul 28

Schedule visit		
Delivery	From	To
May 6	May 13	Jul 29
May 7	May 14	Jul 30
May 8	May 15	Jul 31
May 9	May 16	Aug 1
May 10	May 17	Aug 2
May 11	May 18	Aug 3
May 12	May 19	Aug 4
May 13	May 20	Aug 5
May 14	May 21	Aug 6
May 15	May 22	Aug 7
May 16	May 23	Aug 8
May 17	May 24	Aug 9
May 18	May 25	Aug 10
May 19	May 26	Aug 11
May 20	May 27	Aug 12
May 21	May 28	Aug 13
May 22	May 29	Aug 14
May 23	May 30	Aug 15
May 24	May 31	Aug 16
May 25	Jun 1	Aug 17
May 26	Jun 2	Aug 18
May 27	Jun 3	Aug 19
May 28	Jun 4	Aug 20
May 29	Jun 5	Aug 21
May 30	Jun 6	Aug 22
May 31	Jun 7	Aug 23
Jun 1	Jun 8	Aug 24
Jun 2	Jun 9	Aug 25
Jun 3	Jun 10	Aug 26
Jun 4	Jun 11	Aug 27
Jun 5	Jun 12	Aug 28
Jun 6	Jun 13	Aug 29
Jun 7	Jun 14	Aug 30
Jun 8	Jun 15	Aug 31
Jun 9	Jun 16	Sep 1
Jun 10	Jun 17	Sep 2
Jun 11	Jun 18	Sep 3
Jun 12	Jun 19	Sep 4
Jun 13	Jun 20	Sep 5
Jun 14	Jun 21	Sep 6
Jun 15	Jun 22	Sep 7
Jun 16	Jun 23	Sep 8

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Schedule visit		
Delivery	From	To
Jun 17	Jun 24	Sep 9
Jun 18	Jun 25	Sep 10
Jun 19	Jun 26	Sep 11
Jun 20	Jun 27	Sep 12
Jun 21	Jun 28	Sep 13
Jun 22	Jun 29	Sep 14
Jun 23	Jun 30	Sep 15
Jun 24	Jul 1	Sep 16
Jun 25	Jul 2	Sep 17
Jun 26	Jul 3	Sep 18
Jun 27	Jul 4	Sep 19
Jun 28	Jul 5	Sep 20
Jun 29	Jul 6	Sep 21
Jun 30	Jul 7	Sep 22
Jul 1	Jul 8	Sep 23
Jul 2	Jul 9	Sep 24
Jul 3	Jul 10	Sep 25
Jul 4	Jul 11	Sep 26
Jul 5	Jul 12	Sep 27
Jul 7	Jul 14	Sep 29
Jul 8	Jul 15	Sep 30
Jul 9	Jul 16	Oct 1
Jul 10	Jul 17	Oct 2
Jul 11	Jul 18	Oct 3
Jul 12	Jul 19	Oct 4
Jul 13	Jul 20	Oct 5
Jul 14	Jul 21	Oct 6
Jul 15	Jul 22	Oct 7
Jul 16	Jul 23	Oct 8
Jul 17	Jul 24	Oct 9
Jul 18	Jul 25	Oct 10
Jul 19	Jul 26	Oct 11
Jul 20	Jul 27	Oct 12
Jul 21	Jul 28	Oct 13
Jul 22	Jul 29	Oct 14
Jul 23	Jul 30	Oct 15
Jul 24	Jul 31	Oct 16
Jul 25	Aug 1	Oct 17
Jul 26	Aug 2	Oct 18
Jul 27	Aug 3	Oct 19
Jul 28	Aug 4	Oct 20
Jul 29	Aug 5	Oct 21
Jul 30	Aug 6	Oct 22
Jul 31	Aug 7	Oct 23
Aug 1	Aug 8	Oct 24
Aug 2	Aug 9	Oct 25
Aug 3	Aug 10	Oct 26
Aug 4	Aug 11	Oct 27
Aug 5	Aug 12	Oct 28
Aug 6	Aug 13	Oct 29
Aug 7	Aug 14	Oct 30
Aug 8	Aug 15	Oct 31
Aug 9	Aug 16	Nov 1
Aug 10	Aug 17	Nov 2
Aug 11	Aug 18	Nov 3
Aug 12	Aug 19	Nov 4
Aug 13	Aug 20	Nov 5
Aug 14	Aug 21	Nov 6
Aug 15	Aug 22	Nov 7
Jul 6	Jul 13	Sep 28

Schedule visit		
Delivery	From	To
Aug 16	Aug 23	Nov 8
Aug 17	Aug 24	Nov 9
Aug 18	Aug 25	Nov 10
Aug 19	Aug 26	Nov 11
Aug 20	Aug 27	Nov 12
Aug 21	Aug 28	Nov 13
Aug 22	Aug 29	Nov 14
Aug 23	Aug 30	Nov 15
Aug 24	Aug 31	Nov 16
Aug 25	Sep 1	Nov 17
Aug 26	Sep 2	Nov 18
Aug 27	Sep 3	Nov 19
Aug 28	Sep 4	Nov 20
Aug 29	Sep 5	Nov 21
Aug 30	Sep 6	Nov 22
Aug 31	Sep 7	Nov 23
Sep 1	Sep 8	Nov 24
Sep 2	Sep 9	Nov 25
Sep 3	Sep 10	Nov 26
Sep 5	Sep 12	Nov 28
Sep 6	Sep 13	Nov 29
Sep 7	Sep 14	Nov 30
Sep 8	Sep 15	Dec 1
Sep 9	Sep 16	Dec 2
Sep 10	Sep 17	Dec 3
Sep 11	Sep 18	Dec 4
Sep 12	Sep 19	Dec 5
Sep 13	Sep 20	Dec 6
Sep 14	Sep 21	Dec 7
Sep 15	Sep 22	Dec 8
Sep 16	Sep 23	Dec 9
Sep 17	Sep 24	Dec 10
Sep 18	Sep 25	Dec 11
Sep 19	Sep 26	Dec 12
Sep 20	Sep 27	Dec 13
Sep 21	Sep 28	Dec 14
Sep 22	Sep 29	Dec 15
Sep 23	Sep 30	Dec 16
Sep 24	Oct 1	Dec 17
Sep 25	Oct 2	Dec 18
Sep 26	Oct 3	Dec 19
Sep 27	Oct 4	Dec 20
Sep 28	Oct 5	Dec 21
Sep 29	Oct 6	Dec 22
Sep 30	Oct 7	Dec 23
Oct 1	Oct 8	Dec 24
Oct 2	Oct 9	Dec 25
Oct 3	Oct 10	Dec 26
Oct 4	Oct 11	Dec 27
Oct 5	Oct 12	Dec 28
Oct 6	Oct 13	Dec 29
Oct 7	Oct 14	Dec 30
Oct 8	Oct 15	Dec 31
Oct 9	Oct 16	Jan 1
Oct 10	Oct 17	Jan 2
Oct 11	Oct 18	Jan 3
Oct 12	Oct 19	Jan 4
Oct 13	Oct 20	Jan 5
Oct 14	Oct 21	Jan 6
Sep 4	Sep 11	Nov 27

Schedule visit		
Delivery	From	To
Oct 15	Oct 22	Jan 7
Oct 16	Oct 23	Jan 8
Oct 17	Oct 24	Jan 9
Oct 18	Oct 25	Jan 10
Oct 19	Oct 26	Jan 11
Oct 20	Oct 27	Jan 12
Oct 21	Oct 28	Jan 13
Oct 22	Oct 29	Jan 14
Oct 23	Oct 30	Jan 15
Oct 24	Oct 31	Jan 16
Oct 25	Nov 1	Jan 17
Oct 26	Nov 2	Jan 18
Oct 27	Nov 3	Jan 19
Oct 28	Nov 4	Jan 20
Oct 29	Nov 5	Jan 21
Oct 30	Nov 6	Jan 22
Oct 31	Nov 7	Jan 23
Nov 1	Nov 8	Jan 24
Nov 2	Nov 9	Jan 25
Nov 3	Nov 10	Jan 26
Nov 4	Nov 11	Jan 27
Nov 5	Nov 12	Jan 28
Nov 6	Nov 13	Jan 29
Nov 7	Nov 14	Jan 30
Nov 8	Nov 15	Jan 31
Nov 9	Nov 16	Feb 1
Nov 10	Nov 17	Feb 2
Nov 11	Nov 18	Feb 3
Nov 12	Nov 19	Feb 4
Nov 13	Nov 20	Feb 5
Nov 14	Nov 21	Feb 6
Nov 15	Nov 22	Feb 7
Nov 16	Nov 23	Feb 8
Nov 17	Nov 24	Feb 9
Nov 18	Nov 25	Feb 10
Nov 19	Nov 26	Feb 11
Nov 20	Nov 27	Feb 12
Nov 21	Nov 28	Feb 13
Nov 22	Nov 29	Feb 14
Nov 23	Nov 30	Feb 15
Nov 24	Dec 1	Feb 16
Nov 25	Dec 2	Feb 17
Nov 26	Dec 3	Feb 18
Nov 27	Dec 4	Feb 19
Nov 28	Dec 5	Feb 20
Nov 29	Dec 6	Feb 21
Nov 30	Dec 7	Feb 22
Dec 1	Dec 8	Feb 23
Dec 2	Dec 9	Feb 24
Dec 3	Dec 10	Feb 25
Dec 4	Dec 11	Feb 26
Dec 5	Dec 12	Feb 27
Dec 6	Dec 13	Feb 28
Dec 7	Dec 14	Mar 1
Dec 8	Dec 15	Mar 2
Dec 9	Dec 16	Mar 3
Dec 10	Dec 17	Mar 4
Dec 11	Dec 18	Mar 5
Dec 12	Dec 19	Mar 6
Dec 13	Dec 20	Mar 7

Schedule visit		
Delivery	From	To
Dec 14	Dec 21	Mar 8
Dec 15	Dec 22	Mar 9
Dec 16	Dec 23	Mar 10
Dec 17	Dec 24	Mar 11
Dec 18	Dec 25	Mar 12
Dec 19	Dec 26	Mar 13
Dec 20	Dec 27	Mar 14
Dec 21	Dec 28	Mar 15
Dec 22	Dec 29	Mar 16
Dec 23	Dec 30	Mar 17
Dec 24	Dec 31	Mar 18
Dec 25	Jan 1	Mar 19
Dec 26	Jan 2	Mar 20
Dec 27	Jan 3	Mar 21
Dec 28	Jan 4	Mar 22
Dec 29	Jan 5	Mar 23
Dec 30	Jan 6	Mar 24
Dec 31	Jan 7	Mar 25