Heart Reserve

PREGNANCY HISTORY IS HEART HISTORY

Pregnancy history is heart history.

KNOW IT. SHARE IT. LEAVE WITH A PLAN.

1 Know your history

- ☐ High blood pressure, preeclampsia or HELLP
- ☐ Gestational diabetes
- ☐ An early birth or a baby smaller than expected
- ☐ A heart problem during or after pregnancy
- ☐ Not sure? Ask for help finding your records.

These experiences can signal higher future heart risk; they do not mean heart disease is inevitable. Revisit your history around menopause, when aging and hormonal changes can affect risk factors.

2 Share it at your next visit

“I had _____ during pregnancy. What should we check for my heart now?”

3 Leave with a plan

Complete this with your clinician.

My next step _____

Who will help _____

By what date _____

Build your Heart Story

heartreserve.blog/start

Bring it to your primary care or OB-GYN visit.