FOR YOUR NEXT VISIT

Pregnancy history is heart history.

ASK. RECORD. RESPOND.

01 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.

02 Share it at your next visit

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

03 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.