**Fourth Trimester Patient Resources**

**Note:** Materials are available in English and Spanish

**Postpartum Resources Website:** <https://newmomhealth.com/resources/>

**Communications Center:** <https://newmomhealth.com/communications-center/>

**Handouts:**

* Checking Your Blood Pressure at Home <https://newmomhealth.com/wp-content/uploads/2024/07/ENGLISHcombined-6.pdf>
* Well Visit check-Up: Know Your Numbers <https://showyourlovetoday.com/wp-content/uploads/2022/04/FINAL-SYL-Know-Your-Numbers-3.31.2022.pdf>
* Birthing Parent Health Information One-Pager <https://newmomhealth.com/wp-content/uploads/2023/04/ParentHealthInformation-EN-2022-final.pdf>
  + Implementation Tips Sheet for Care Team <https://newmomhealth.com/wp-content/uploads/2023/06/HealthOnePagersParentsandBaby.pdf>
* Taking Care of You Booklet <https://newmomhealth.com/resources/taking-care-of-you/>
* Caring for New Moms Postcard <https://newmomhealth.com/wp-content/uploads/2024/02/Passionista-2023-4th-Trimester-Postcard.pdf>
* Postpartum Plan <https://newmomhealth.com/wp-content/uploads/2023/06/PostpartumPlan-2022-Interactive.pdf>

**Videos:**

* Maternal Warning Signs Video Reels <https://newmomhealth.com/resources/maternal-health-warning-signs-when-to-call-911-and-when-to-call-your-provider/>
* Postpartum Health and Recovery Video Reel Series <https://newmomhealth.com/resources/postpartum-health-recovery-video-reel-series/>
* Maternal Warning Signs for Communities and Families: Quick training on health concerns and red flags <https://youtu.be/5znlaIajbN8?si=aCZ44VjG4B7kyewn>