



Postpartum connected

A program which supports pregnant patients through the postpartum period.

Division of General Obstetrics and
Gynecology Specialists



Our goal with Postpartum Connected is to improve postpartum outcomes and to increase patient access to care and support.

How it works

Our program includes 2 virtual visits with a group of patients who are at about the same point in pregnancy as you and also receiving care within our practice.

What we offer

Postpartum prep visit (34 weeks +)

Focuses on preparing patients for the labor and birth experience, and postpartum period.

Postpartum support visit (1 week PP +)

Reflect on your birthing experience and provide guidance throughout the postpartum period. Focusing on postpartum recovery, emotional support and addressing frequently asked questions.

Common topics

- When and how to reach your provider
- Labor and delivery unit policies
- Stages & interventions during labor
- Breastfeeding
- Emotional support
- Postpartum recovery
- Postpartum nutrition
- Postpartum birth control methods transition to primary care

Connect with us

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