

Pre-Pregnancy Wellness Checklist

Your guide to boosting health before you conceive

Get to a Healthy Weight

- Being overweight or underweight can increase your chances of pregnancy complications
- Eat a balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins
- Add foods rich in folic acid, iron, and calcium
- Limit processed foods and sugary drinks
- Maintain regular physical activity

Avoid Harmful Substances

- Stop smoking, avoid secondhand smoke and illicit drugs
- Limit or eliminate alcohol and caffeine

Schedule a Preconception Checkup

- Review current medications and supplements
- Make sure all of vaccinations are up-to-date
- Discuss family health history and any chronic conditions

Take Care of Your Mental Health

- Manage stress through relaxation techniques
- Seek counseling or support through the [Confide EAP](#)

Maintain Oral Health

- Visit your dentist for a checkup
- Brush and floss daily to prevent gum disease

Seek Additional Support Programs

- Enroll in [Healthy Pregnancies, Healthy Babies](#) for support before, during and after baby
- Talk to a [Personal Health Advocate](#) for health improvement

Preparing for pregnancy starts with taking care of yourself.

Your health before pregnancy matters—it can improve your chances of conceiving and help prevent complications later.

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