

**Prior to Discharge:** Physicians should encourage an appointment for a postpartum examination within 42 days after delivery for a woman having a routine uncomplicated delivery. Postpartum Plans/Education:

- Method of birth control
- Limitations and restrictions
- Assessment for postpartum depression

**Blue Cross and Blue Shield of Texas (BCBSTX) follows the guidelines of the American College of Obstetricians and Gynecologists (ACOG), their recommended schedule for prenatal care visits, as well as for the care that expectant mothers should receive at the initial and subsequent visits. BCBSTX has also included routine uncomplicated prenatal care assessments. Each prenatal care plan should be individualized.**



**BlueCross BlueShield of Texas**

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