

Healthy Choices, Healthy Futures

The Healthy Choices Healthy Futures Toolkit is an online directory for reliable and accurate information on pregnancy, postpartum, and everything in between! This Toolkit is designed to provide easy access to evidence-based tools and resources to support birthing people during the reproductive years.

Here you can find links to information, resources, and programs offered in Illinois to support the health of birthing people before, during, and after pregnancy.



Preconception & Interconception, Prenatal, Postpartum

Preconception & Interconception

The preconception period is the time in people's lives when they can get pregnant but aren't. During this time, it's important to know how health conditions and risk factors could affect a person and their health if they become pregnant.

The interconception period is the time in between pregnancies. Interconception begins at the end of one pregnancy and ends with the conception of the next. Interconception care addresses risk factors to promote healthy outcomes of later pregnancies.

Prenatal

The prenatal period is the time when a baby develops in the womb, typically within 40 weeks. Prenatal care can help keep both birthing parents and their babies healthy.

Services & Programs

The toolkit also features a list of services and programs offered in Illinois to support the health of people during the perinatal period. While the list is not exhaustive, it's a good starting point to understanding the types of programs and services that can help support people before, during, and after their pregnancy journey.

Postpartum

The postpartum period is the time after childbirth. Recovering from birth is an essential part of the reproductive phase. New parents must take special care of their bodies after giving birth and breastfeeding.



To find a health care provider, call the phone number listed on your health plan member card. If you do not have a health plan, visit www.getcovered.illinois.gov to find the coverage that is right for you.

EVERTHRIVE ILLINOIS
CHAMPIONS FOR HEALTH EQUITY

Healthy Choices
Healthy Futures

healthychoiceshealthyfutures.org

