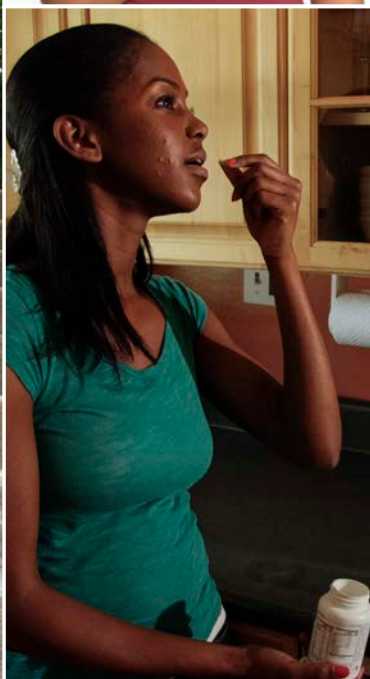
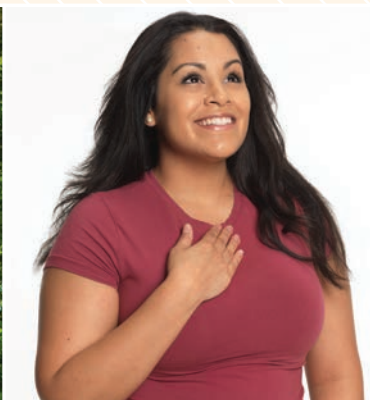


# Show Your LOVE!



## Steps to a Healthier me!



Life offers many opportunities. Take time to think about your goals for school, for your job or career and for your health. Your physical and mental health are important in helping you achieve the goals you set for yourself. This is a tool to help you set your goals and make a plan.

Start by choosing your goals for this year. It is easier to focus on 2 – 3 goals. Then use the checklist below to set your plan into motion.

Date plan made or revised:

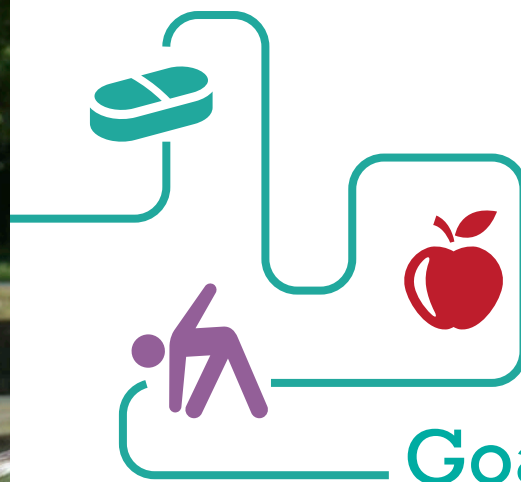
**My top 3 goals for this year are**

- 1.
- 2.
- 3.



Centers for Disease  
Control and Prevention  
National Center on Birth Defects  
and Developmental Disabilities

Show  
Your  
Love  Preconception  
Health



## Goals for a Healthier me!

Changes in insurance plans might mean that you are eligible for some preventive health services, such as screening, vaccinations, contraception (birth control), and counseling, with no co-payment or deductible. To learn more, talk with your health insurance company agent.

### 1. Prevent unplanned pregnancies.

My decision may change later, but for now, I have decided that I do not want to get pregnant. If I am having sex and do not want to get pregnant, I will

- Talk with my partner to share my pregnancy desires and gain support for my plan.**
- Use my contraceptive (birth control) method correctly and at all times.**

I use \_\_\_\_\_.

I will talk with my doctor (or nurse practitioner, certified nurse midwife, physician assistant) if I have new health issues or am taking medicines that might affect my method of contraception.

- Make sure I have my chosen method of contraception.**

<http://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/FreePublications/UCM282014>.

**IUD or implant:** My current one should be removed or replaced by \_\_\_\_\_.

**Depo-Provera** (contraceptive shot):

My next dose is due \_\_\_\_\_.

**Birth control pills, patch, or ring:** Make sure I have enough available for correct and on time use, get refills before I run out, and set up automatic refills.

**Condoms:** Make sure I have enough on hand and get more before I run out.

**Diaphragm or cervical cap:** Make sure it fits properly, there are no holes, and use it every time.

**Spermicidal gel, cream, foam, suppository, or sponge:** Make sure I have the amount I need and use it every time.

- Make a regular appointment with my doctor.**

My next appointment is \_\_\_\_\_.

### 2. Eat healthy foods.

Planning meals and snacks ahead of time and having the food on hand make it less likely that I will make unhealthy choices.

- Make a list before I go to the grocery store, farm stand or market, or neighborhood garden.**
- Shop the outside edge of the store where the healthiest food is sold.**
- Include plenty of vegetables and fruits. (Eat my colors!)**

### 3. Be active.

Setting aside a time for regular physical activity and being physically active with a friend will help me keep my plan. Fitting in several short 10 minute physical activity sessions throughout the day can help me reach my activity goal.

- Try to get 150 minutes of moderate intensity physical activity each week.**

On \_\_\_\_\_ (days)

At \_\_\_\_\_  
(times — after lunch, after work, etc.).



## Goals for a Healthier me!

### 3. Be active. (continued)

By \_\_\_\_\_  
(walking, going to the gym, etc.)

- Find an exercise friend.

My exercise friend is \_\_\_\_\_

- Find ways to be active at home and at work.

Park a distance from the door.

Walk outside during lunch.

Other \_\_\_\_\_

### 4. Take 400 micrograms (mcg) of folic acid daily.

Folic acid is good for my health. Taking it daily will help prevent birth defects of the brain and spine if I should decide to or accidentally get pregnant.

- Take a vitamin every day unless I eat a serving of breakfast cereal that says it has 400 mcg of folic acid on the nutrition label.

- Place vitamins by my toothbrush or on the kitchen counter or \_\_\_\_\_ to help me remember to take them daily.

### 5. Protect myself from sexually transmitted infections (STIs).

- Abstinence (not having sex) is the best protection from STIs.
- Agree to have sex with only one person who has agreed to have sex with only me.
- Buy a supply of condoms, and use them correctly and every time.
- Get checked if I have been exposed to STIs.  
<http://www.cdc.gov/std/healthcomm/the-facts.htm>.

- If needed, take all the medicine for the full time as directed by my doctor.

### 6. Avoid harmful chemicals, metals, and other toxic substances around the home and in the workplace.

<http://www.prhe.ucsf.edu/prhe/pdfs/ToxicMatters.pdf>.

### 7. Make sure my vaccinations (shots) are up-to-date.

Vaccinations are our best defense against many diseases. Sometimes, those diseases can cause serious problems. I want to protect myself against those diseases.

- Remember to get a flu shot every year!
- Check the vaccination schedule before I see my doctor <http://www.cdc.gov/vaccines/schedules/easy-to-readadult.html>.  
I need \_\_\_\_\_.
- Remind my doctor to update my vaccinations.  
My appointment is \_\_\_\_\_.

### 8. Manage and reduce stress and get mentally healthy.

- Learn more about getting mentally healthy.  
<http://www.webmd.com/balance/stress-management/default.htm>
- Be aware of things that cause me stress.
- Make a plan to reduce my stress.  
Get enough rest.  
Exercise to lift my mood.  
Limit alcohol and avoid cigarettes and other drugs.
- Find a support person or group, if needed.  
My support person or group is \_\_\_\_\_  
\_\_\_\_\_.



## Goals for a Healthier me!

### 9. Stop smoking.

Smoking is not healthy for me or others around me. I want to be healthy! Second hand smoke is not healthy either. I will avoid being around people when they smoke.

- Make an appointment with my doctor to talk about help for this.**  
My appointment is \_\_\_\_\_.
- Check out <http://betobaccofree.hhs.gov/quit-now/index.html> and <http://smokefree.gov/>**
- Call the quit line: 1-800-QUIT-NOW(1-800-7848-669)**
- Find a support person or group for additional help.**  
Contact information for support \_\_\_\_\_.

### 10. Won't use street drugs, and won't take other people's prescription medicines.

Taking drugs not prescribed for me is not good for me. I want to be healthy!

- Make an appointment with my doctor to talk about help for this.**  
My appointment is \_\_\_\_\_.
- Find a support person or group for additional help.**  
Contact information for support \_\_\_\_\_.

### 11. Reduce my alcohol intake.

- Reduce my drinking to less than 7 drinks a week and never more than 1 on any occasion.**  
<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2012/PolicyDoc/ExecSumm.pdf>

- Make an appointment with my doctor to talk about help for this.**  
My appointment is \_\_\_\_\_.
- Stop drinking immediately if I find myself pregnant. Drinking during pregnancy can cause birth defects. There is no known safe level of alcohol in pregnancy.**
- Find a support person or group for additional help.**  
Contact information for support \_\_\_\_\_.

### 12. Stop partner violence.

Abuse can be emotional, physical, or sexual. No one deserves to be abused. I love myself and my child or children enough to take steps to deal with violence if it should happen to me or my family.

- Talk with my doctor.**
- Talk with a counselor.**
- Make a plan.**  
Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or 800-787-3224 (TDD).

### 13. Manage my health conditions, such as asthma, diabetes, overweight.

- Learn more about my health condition(s).**
- Talk with my doctor about a plan to manage my health condition(s) and my medicines.**  
My appointment is \_\_\_\_\_.
- Find a support person or group to help me with the plan.**  
My support person's contact information is \_\_\_\_\_.



# Goals for a Healthier me!

## 13. Manage my health conditions, such as asthma, diabetes, overweight. (continued)

My group support contact information is \_\_\_\_\_  
\_\_\_\_\_  
We meet \_\_\_\_\_  
(when and where)

## 14. Learn about my family's health history.

Learning about health problems in my family can help my doctor and me determine which problems to look for and how to prevent or deal with them.

- Ask my parents, grandparents, brothers, sisters, aunts, uncles, and cousins about any health problems in the family. \_\_\_\_\_  
\_\_\_\_\_
- Keep a record of my findings. <https://familyhistory.hhs.gov/fhh-web/familyHistory/start.action>.
- Update yearly.

## 15. Get regular checkups. See my doctor for regular appointments and if I have questions.

My doctors' names and phone numbers are \_\_\_\_\_  
\_\_\_\_\_  
My next appointment is \_\_\_\_\_.

## Questions to ask my doctor.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Taking time to look at your life goals and getting as healthy as you can be will allow you to take full advantage of the opportunities that lie ahead. Talk with your partner and your doctor about how to best put this plan into action. Remember that life happens, and plans can change. So, put this in a place so that you can look at it regularly and update it-and take it with you to your appointment with your doctor. And, if you decide you want to have a baby sometime in the near future, be sure to plan your pregnancy and get your body ready before you get pregnant! To be ready for any path you choose, start making healthy choices. Show your love to the most important person in the world- YOU!