**Pre Pregnancy Preparation**

9 things you should know before you get pregnant

1. Exercise
2. Prenatal Vitamins with Folic Acid
3. Get to know your body
4. Are your periods regular
5. See you doctor to assess your general health
6. Review your medication list
7. Learn your family history
8. Know your immunization status
9. Relax

**How to have a Healthy Pregnancy – with the You Tube Video**

1. Adopt a healthy lifestyle – 1 to 3 months before you get pregnant

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1. Exercise – help reduce stress level and reduce risks of

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1. Eating Right and healthy body weight

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1. Folic Acid – very important nutrient

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Difference between Folic Acid and Folate

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Folate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Preconception Health Check Up**

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Preconception Checkup can prevent things such as

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What type of Health Care providers are there?

* Obstetrician -\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* Nurse Practitioner or/ Midwife - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* Family Practice Doctor - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What questions should I ask?

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1st preconception checkup?

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Role of Genetic Health?

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Anything else you need to discuss?

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Future fathers: 10 ways to help her get pregnant

When a couple is trying to get pregnant, "most of the attention is focused on the woman," Cole says, "but men make up half of the equation." If you're thinking about becoming a dad, here's a list of what you can do to ensure a healthy pregnancy before trying to conceive.

Read the article: **Future fathers: 10 ways to help her get pregnant**

What are the 14 ways in which a Future Father can help to prepare himself to increase chances of pregnancy?

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