



It's best
to wait...

Did you know... that waiting at least 12 to 18 months between pregnancies can greatly increase your body's ability to recover from childbirth and reduce the risk for poor birth outcomes such as premature birth and low birthweight...?

You can talk to your doctor to learn more on family planning and your contraception options.

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.

Healthy Choices
Healthy Futures

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