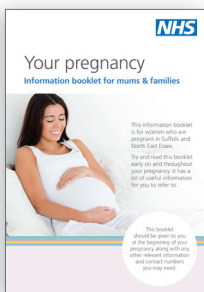


Health and wellbeing in pregnancy



All of these questions relate to information found within the **Your pregnancy booklet** or **Your pregnancy** section in the Suffolk and North East Essex **mum & baby app**.



Please read the content and explore the links prior to completing. Work your way through the questions at your own pace. You can show this plan to your midwife at any time during your pregnancy.

Physical health and wellbeing

1. I have a long term health condition that may affect my pregnancy...

- | | |
|--|---|
| <input type="checkbox"/> diabetes | <input type="checkbox"/> epilepsy |
| <input type="checkbox"/> psychological issue/s | <input type="checkbox"/> high blood pressure |
| <input type="checkbox"/> asthma | <input type="checkbox"/> hypo/hyperthyroidism |
| <input type="checkbox"/> other | |

- ☐ none

There are many conditions that may or may not have an impact on your pregnancy. Ask your GP, doctor or midwife about any conditions you have, or may have had in the past.

Notes:
