

# What could a **postpartum telehealth** visit look like?

Telehealth visits can be done from the comfort of your home, office, or wherever you are, making visits more accessible. You can now visit doctors or specialists even if they are farther away than you would normally travel. Telehealth visits can save you time. You will not have to drive to the doctor's office or sit in a waiting room. A telehealth visit will limit exposure to health risks.

CDC research shows that 1 in 9 women experience symptoms of postpartum depression (PPD). PPD symptoms vary from woman to woman. It does not have one specific cause, but researchers cite hormonal changes, genetics and major life changes as frequent contributors. Treatment barriers like shame, stigma, lack of time, lack of childcare, and lack of social supports are problematic in diagnosing and treating PPD. <sup>1</sup>

**Telehealth visits should not replace visits with your primary care physician or obstetrician**, but can be a way for you to be assessed and treated by doctors for PPD while being able to tend to your newborn in the privacy of your home.

A postpartum telehealth visit can be just like any other visit at the clinic. The doctor will check how you are feeling both mentally and physically. They will discuss with you what your concerns and goals are for treatment. Your doctor can assist with:

- ◆ Diagnosing any new conditions
- ◆ Ordering prescriptions and medication management
- ◆ Answering any medical questions you may have regarding yourself and/or in caring for your baby
- ◆ Refer you to any specialists or for additional care if needed

Your doctor will take the information you have provided and together you can ensure the highest level of satisfaction in caring for both you and your baby.



## Questions?

**Call Member Services at 1-866-567-7242**

**TTY 1-800-627-3529 or 711**

**Hours are 8 am - 5 pm, Monday - Friday**

<sup>1</sup> <https://www.fbvtdzarezrtpd12k3ap.diddly.io/blog/postpartum-telemedicine-self-care-after-baby/>