

# Pregnancy to Parent Wellness (PTPW)

*A virtual wellness support program for 12 months after birth*

The birth of your child begins every person's unique journey of parenthood. Your University of Michigan Health postpartum care team provides timely online, virtual, or in-person resources and appointments based on your individual needs during the first year after birth. Your care team includes your obstetric and pediatric providers, lactation consultants, physical therapists, social workers and mental health professionals.

U-M Health offers a text-based virtual wellness program called "Pregnancy to Parent Wellness." Once enrolled, you will receive links to online resources via text as well as the opportunity to tell us if you need support.

## How does the Pregnancy to Parent Wellness Program work?



Each week for the first three months (and monthly after that), you will receive texts which include resources on common postpartum experiences. During certain weeks, you will be asked three "yes" or "no" questions. If you respond "yes" to any of these questions, you will receive a phone call within three

business days to further discuss your concerns or set up an appointment with your postpartum care team.

### How do I enroll?

You will be invited to participate during your hospital delivery stay. You will receive a text message to confirm your enrollment.



### Can I unenroll?

Yes, your participation is completely voluntary. You may unenroll at any time by texting back "STOP."

### Will I see a bill for any part of this program?

There is no cost to participate in this program. However, standard data and messaging rates apply through your phone carrier. Any follow-up visits are subject to standard costs of care, including copays, as determined by your health insurance plan.

### Who sees my text responses?

The program has staff and nurses to triage responses and schedule appointments. Your responses will be recorded in your electronic medical record for you and your providers to review as needed.

**PLEASE NOTE: This is NOT a live texting system. Call 911 if you are experiencing an emergency. For non-urgent concerns please contact your health care provider's office directly.**



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