

How to Order Materials About Maternal Health

To order materials, call 866-692-3641. To view these materials and additional resources, visit nyc.gov/health and search for **maternal health**.

Clinical Tools

Blood Pressure Tracking Card

- English
- Spanish
- French
- Bengali
- Haitian Creole
- Korean
- Simplified Chinese
- Traditional Chinese



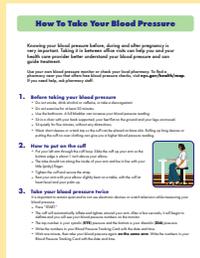
My Healthy Pregnancy Plate Planner

- English
- Spanish
- French
- Bengali
- Haitian Creole
- Korean
- Simplified Chinese
- Traditional Chinese



How to Take Your Blood Pressure

- English
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My Self-management Goal for a Healthy Pregnancy

- English
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Using Food Labels to Eat Less Sodium

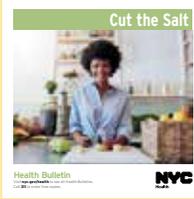
- English
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Patient Education

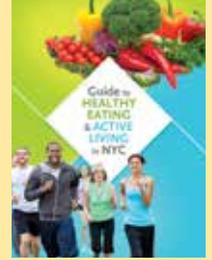
Cut the Salt Health Bulletin*

- English
- Spanish
- French
- Bengali
- Haitian Creole
- Creole
- Korean



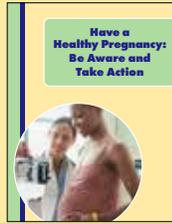
Guide to Healthy Eating and Active Living in NYC*

- English
- Spanish
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- Haitian Creole
- Creole
- Korean



Have a Healthy Pregnancy: Be Aware and Take Action

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New York City Standards for Respectful Care at Birth Brochure*

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- Haitian Creole
- Korean
- Simplified Chinese
- Traditional Chinese



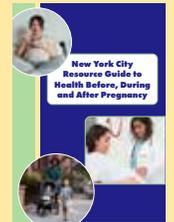
New York City Standards for Respectful Care at Birth Poster*

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New York City Resource Guide to Health Before, During and After Pregnancy

- English
- Spanish



Sugary Drinks Health Bulletin*

- English
- Spanish
- French
- Bengali
- Haitian Creole
- Creole
- Korean



Know the Warning Signs During and After Pregnancy - It Could Save Your Life (Palm Card)

- English
- Spanish
- French
- Bengali
- Haitian Creole
- Simplified Chinese
- Traditional Chinese



Know the Warning Signs After Pregnancy - It Could Save Your Life (Poster)

- English
- Spanish



Your Health Before, During and After Pregnancy

- English
- Spanish
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- Traditional Chinese



*Additional languages available online.