

Postpartum Concern	Sample Text Messages
Birth Control	<ul style="list-style-type: none"> Planned pregnancies are healthy ones. Space pregnancies one year apart. Intrauterine devices (IUD) and birth control implants work well and last for 3-10 years. They are easy to use and can be removed at anytime. 7/10 women like you are still using an IUD two years after getting one!
Breastfeeding Support	<ul style="list-style-type: none"> Congratulations on your decision to breastfeed! If you are having trouble reach out to our breastfeeding experts: (412) XXX-XXXX 4 out of 5 women breastfeed after leaving the hospital- you can do it! Breast milk helps your baby fight off infection and lowers your baby's risk of having asthma or allergies. Give your baby the best start! Breastfeeding is not just for baby. It decreases your risk of diabetes, heart disease, and help women lose weight postpartum.
Postpartum Mood	<ul style="list-style-type: none"> Most new moms feel mood swings and can be weepy during the first 2-3 weeks after delivery. If it doesn't get better or gets worse call your doctor. Are you feeling angry or sad? Do you lack interest in your baby or feel hopeless? These can be signs of postpartum depression. About 1 in 10 women get postpartum depression—if you have concerns

Outcome	Usual Care (n=15)	Healthy Beyond Pregnancy (n=14)	OR (95% CI)	p value
Attended Postpartum Visit	8 (53.3)	12 (85.7)	5.3 (0.9, 32.0)	0.06
LARC	4 (26.6)	3 (21.4)	0.8 (0.2, 4.2)	0.74
Any Contraception	11 (73.3)	11 (78.5)	1.3 (0.3, 7.7)	0.73