# **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
- Korean
- Spanish
- Simplified
- French
- Chinese
- Bengali
- Traditional
- Haitian Creole
- Chinese



#### My Healthy Pregnancy Plate Planner

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



#### How to Take Your Blood Pressure

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



# My Self-management Goal for a Healthy Pregnancy

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



#### Using Food Labels to Eat Less Sodium

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



#### **Patient Education**

#### Cut the Salt Health Bulletin\*

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



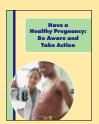
# Guide to Healthy Eating and Active Living in NYC\*

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



#### Have a Healthy Pregnancy: Be Aware and Take Action

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



# New York City Standards for Respectful Care at Birth Brochure\*

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

# RESPECTFUL CARE at BIRTH

# New York City Standards for Respectful Care at Birth Poster\*

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



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

- English
- Spanish



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# Sugary Drinks Health Bulletin\*

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



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

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

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

- English
- Spanish



# Your Health Before, During and After Pregnancy

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





<sup>\*</sup>Additional languages available online.