Using Telemedicine in Postpartum Care

telehealth
using technology to support the delivery of health care services, health-related education, public health, and health administration at a distance.

telemedicine
the practice of medicine using technology to deliver clinical care at a distance.

- **Equip patients for at-home monitoring.**
- **Screen for perinatal mood and anxiety disorders (PMADs).**
- **Consult with specialists.**
- **Provide reproductive health services.**
- **Provide parents lactation support.**
- **Use a combination of office visits and telemedicine to deliver care.**
- **Deliver emergency support and care.**

**myperinatalnetwork.org**

My Perinatal Network and My NICU Network are products of a collaboration between National Perinatal Association (NPA) and NICU Parent Network (NPN).