

## Plan your next pregnancy

- Pregnancy spacing
- Birth control videos
- Baby follow-up
- Mom follow-up
- Resources
- Alabama WIC

Free of charge  
Search for  
**“APEC PLAN”**  
at  
APP Store or Google Play



My Family PLAN app

< Next



Birth Control



Pregnancy Spacing



Baby follow-up



Mom Follow-up



Resources



ALABAMA WIC



My Family PLAN app should not be construed as dictating an exclusive course of treatment. It does not replace consultation with a healthcare provider.

Always seek advice from and talk to your healthcare provider about your specific healthcare needs and treatments.

My Family PLAN



## Set up your personal profile

- **Picture**
- **Due date**
- **Baby's age**
- **Baby weight gain**
- **Make journal entries**
- **Enter appointments**


## Learn about pregnancy

- Prenatal care
- Common Concerns
- Full term pregnancy
- Baby Development
- Immunizations
- FAQs

## Be Active in your care

- View Nutrition videos
- View Exercise videos
- Enter appointments
- Know Routine tests
- Review Glossary terms
- Know Preterm Birth Risks

Marsha



Marsha  
Due Date: 10/12/2016  
Today's Gestational Age: 22 Weeks, 2 Days

Journal Entries 1

Appointments 1

Change Profile Image

My Gestational Age

My Baby's Weight

Learn



Prenatal Care



Common Concerns



39 Weeks  
*(timing is everything)*



Baby Development




Immunizations & Pregnancy




Frequently Asked Questions


Active




Nutrition




Exercise




Appointments



Routine Tests



Glossary Terms



Preterm Birth