

Legacy's *pre-baby* checklist

Check in on your fertility health.

- HER**
- Track your menstrual cycles and ovulation
 - Get a fertility assessment (blood work and an ultrasound)

- HIM**
- Do a semen analysis—a simple test that provides a comprehensive understanding of your fertility (**Legacy's can be done from home!**)

Get physically prepared for conception and pregnancy.

- HER**
- Schedule a preconception visit with your OB/GYN and primary care doctor to get you're up-to-date with screenings and vaccinations
 - Quit smoking, avoid alcohol, and start taking prenatal vitamins

- HIM**
- Quit smoking and cut back on drinking to improve your sperm health and chances of conception
 - Consider male fertility supplements to boost your sperm health

- BOTH**
- Adopt a healthier lifestyle—regular exercise, enough sleep, plenty of fruits and veg—to increase chances of conception and ensure a healthier pregnancy
 - Talk to your doctor to understand the impact of any medications you take
 - Genetic carrier screening (for those who have a family history or a predisposition for certain genetic disorders)

Assess your living situation. Does your current home have enough space for a baby and their necessities?

Get your finances in order.

- Save for the cost of prenatal care, birth, and the post-partum period; average cost of a hospital birth is \$10,000
- Children cost, on average, \$13,000 per year to raise—budget that in
- Consider setting up a savings account or 529 for your future child

Understand your benefits and insurance coverage.

- Parental leave
- Coverage for prenatal, delivery, postnatal care, including deductibles
- When to add baby to your plan (and how much that will cost)

Talk parenting styles/expectations. It might be helpful to discuss how your parents raised *you*, and what you think worked about that approach.