Thriving Hearts
Empowering. Healing. Thriving.

You've Got Mail: Postpartum Survey

Sharing Your Experience

Had a baby in the past six months? You may receive a Thriving Hearts NC survey invitation by mail.

If you recieve the postpartum survey in your mail, sharing your experience can help us learn. A giftcard is given as thanks!



Learn more about the postpartum survey for new parents

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If a Postpartum Survey invitation arrives, here's what to expect.

Had a baby in the past six months? You may receive a Thriving Hearts NC survey invitation by mail.

By mail Invitations go to eligible people about 3–6 months after delivery.

Online The survey takes about 35 minutes and asks about pregnancy, birth and postpartum.

Confidential Responses aren't shared with your healthcare provider.

A thank-you People who complete the survey receive an electronic gift card.

Your experience helps us understand where care is connecting and where it can improve.

MAILED BIRTHING PERSON POSTPARTUM SURVEY

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If you gave birth in the last six months, ask about the Thriving Hearts NC Postpartum Survey

Mailed to your home. Expect to receive the survey letter by mid-month.

35-minutes to complete.

Confidential. Will not be shared; used to inform birth experiences across NC.

Gift cards available as thanks!



What is Thriving Hearts NC?

A local health department-led initiative working across 10 North Carolina counties to improve maternal health and reduce high blood pressure during pregnancy.

Healthcare + public health + community support



Thriving Hearts

Empowering. Healing. Thriving.

HEALING-CENTERED • INTEGRATED • COMMUNITY MATERNITY CARE

Care that connects, from pregnancy through postpartum.



Meet Thriving Hearts NC

WHERE WE WORK

Thriving Hearts
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10 North Carolina counties. Locally led care.

Alamance	**Caswell**	**Chatham**	**Cumberland**	**Durham**
Forsyth	**Guilford**	**Johnston**	**Orange**	**Person**

Services and opportunities can vary by county, eligibility and the stage of local implementation.

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Resources for Families

Life doesn’t fit neatly into a doctor’s visit.

Support may include help finding local resources for:

- Food and infant supplies
- Transportation
- Insurance and benefits
- Mental health resources
- Legal Aid referrals
- Local Care Kits

Patient Resources are available on Thriving Hearts NC website > For Families > Resources and Support

FOR FAMILIES • COMMUNITY HEALTH WORKERS

Someone local who can help.

Community health workers can help you find practical resources and support near you.

Community health workers are based in each Thriving Heart NC County.

They support pregnant and postpartum families with personalized text messages and local events, connecting them with resources for everyday needs, including food, transportation, and benefits.

FIND YOUR COUNTY COMMUNITY HEALTH WORKER



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FOR FAMILIES • TEXT SUPPORT

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Loving Conntection Text Program

Personalized support is only a text away.

Get pregnancy and postpartum resources, local opportunities and helpful information by text.

SIGN UP FOR THRIVING HEARTS TEXTS



Nonclinical support. Not medical advice.

Thriving Hearts

Empowering. Healing. Thriving.

Care shouldn’t stop at the clinic door.

We connect maternity care with support people can use at home and in their communities.



THRIVINGHEARTSNC.ORG

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