

Advantage List Use for Perinatal Weight Optimization

First Prenatal Visit

- Client completes self-administered Advantage List
- Practitioner completes health history
- Practitioner reviews Problem List and Advantage List with client
- Client and practitioner plan weight management strategies for pregnancy aiming for a weight gain within Institute of Medicine guidelines

Subsequent Prenatal Visits

- Practitioner reviews weight change with client
- Practitioner and client review Advantage List strategies used since last visit
- Affirm successful weight management strategies. Plan additional strategies if needed.
- Practitioner is vigilant for symptoms of medical problems

Postpartum Visit

- Weight change since birth is measured and compared to pregravid weight
- Practitioner reviews Advantage List with client.
- Client and practitioner form postpartum weight loss or weight maintenance plan using Advantage List.