



Hear Her® Social Media for Health Care Providers


Health Care Providers
MAY 15, 2024

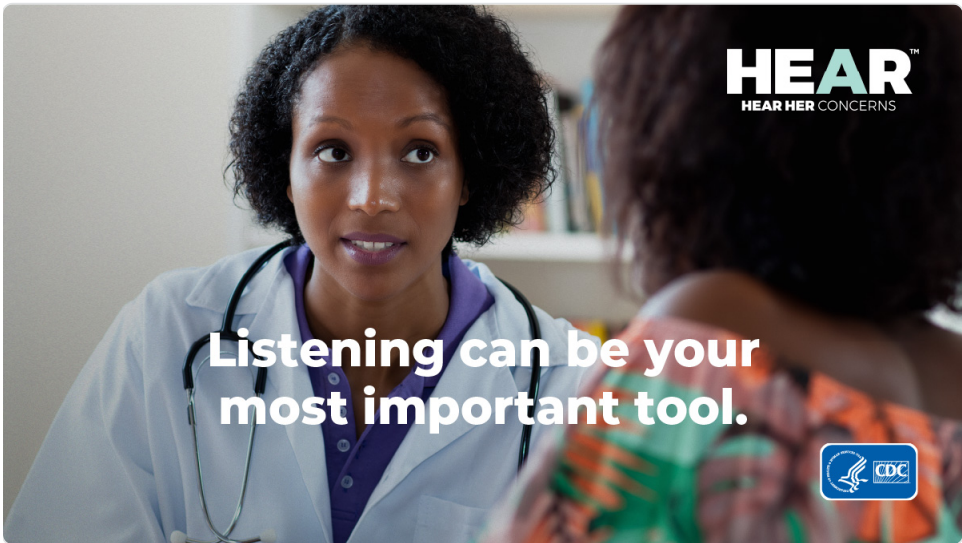
AT A GLANCE

Social media posts allow you to easily distribute Hear Her® campaign messages and materials to your audience. Use your organization’s social media accounts such as Facebook and X (formerly known as Twitter) to share important information about preventing pregnancy-related deaths. Below are some graphics from the campaign and tailored posts that you can use to share and promote Hear Her® on your social media channels.

Sample Social Media Images and Posts

Here are a few quick tips to help you make the most of your social media posts to promote the Hear Her campaign.

- Be sure to keep your posts brief. People are more likely to read short posts than lengthy ones.
- Connect with partners. Ask them to share the posts or promote the content.
- Use the campaign hashtag on Twitter/X and Instagram to label your message: **#HearHer**, which allows people to group and sort posts with that hashtag.
- Engage with our social media handles through likes, mentions, and shares.
- Download images that are sized appropriately for Facebook, Instagram, and Twitter/X.



Listening can be your most important tool.

[Download image for Facebook and Twitter](#) JPG

Sample Post

Pregnancy-related deaths can occur up to a year after pregnancy, and most of these deaths are preventable. Many women feel that their concerns are not heard. Be the one to listen. It could help save a life. Learn more <https://bit.ly/CDCHearHerProviders> [#HearHer](#) [#MaternalMortality](#)

[Download image for Instagram](#) JPG

Sample Post

Too many women in the United States die every year of pregnancy-related complications. Deaths can occur up to a year after pregnancy. Most of these deaths are preventable. Many women feel that their concerns during and after pregnancy are not heard. Be the one to listen.

It could help save a life. Learn more at <https://bit.ly/CDCHearHerProviders>. #HearHer #MaternalMortality



Mom's health matters too.

[Download image for Facebook and Twitter](#) [JPG](#)

Sample Post



Pediatricians: Women can suffer from pregnancy-related complications up to a year after giving birth. When mom comes in for their infant check-ups, listen for urgent maternal warning signs. It could help save a life. Learn more at <https://bit.ly/CDCHearHerProviders>. #HearHer

[Download image for Instagram](#) [JPG](#)

Sample Post



Pediatricians: Women can suffer from complications related to pregnancy up to a year after giving birth. When a mom comes in for her infant check-ups, listen for urgent maternal warning signs, such as extreme exhaustion, swelling, or thoughts of harming herself or her baby. It could help save a life. Learn more at <https://bit.ly/CDCHearHerProviders>. #HearHer

Social Media



[Social media posts](#) allow you to easily distribute Hear Her campaign messages and materials to your audience.

Sample Social Media Posts for American Indian and Alaska Native Communities



[Sample Posts for American Indian and Alaska Native Communities](#)

Poster and Handouts



[Available in 11 x 17 and 8.5 x 11 posters and 5 x 7 palm cards.](#)

Shareable Graphics



[Download and share graphics for your website, blog, or social networking site.](#)

SOURCES

CONTENT SOURCE:

National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP); Division of Reproductive Health