

## ***Healthy Pregnancy Program As Preparation To Become Parents Using Video Media***

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### **SUMMARY**

**Background:** Maternal mortality is one of the main indicators in determining the quality of public health services. The main cause of maternal mortality is often related to pregnancy complications that can actually be prevented if good preparation is carried out before and during pregnancy. Therefore, health education is very important to increase public awareness and understanding of the importance of maintaining the health of pregnant women. **Objective:** to create video education media to increase knowledge about healthy pregnancy so that healthy pregnancy is achieved and pregnancy complications are prevented. **Method:** The method used in this communication, information, and education is a Video, using the Canva application for the creation and editing process. **Results:** Output in the form of a video about providing IEC with video media related to healthy pregnancy. **Conclusion:** A video media has been created to educate pregnant women about knowledge about healthy pregnancy so that it is ready to be registered for HKI

*Keywords : Healthy Pregnancy, video*