

# Pre-Marital Health Counseling Recommendations

Date: [Insert Date]

To: [Recipient's Name]

Address: [Recipient's Address]

Dear [Recipient's Name],

We are pleased to provide you with this letter outlining our recommendations following your pre-marital health counseling sessions. It is important for both partners to understand their health and wellness as they prepare for marriage.

## Health Assessments

- Complete blood test to check for any genetic conditions.
- Screening for sexually transmitted infections (STIs).
- Physical examination to assess overall health.

## Counseling Sessions

- Attend at least two pre-marital counseling sessions to discuss communication and conflict resolution skills.
- Consider individual counseling sessions if significant issues arise.

## Nutritional and Lifestyle Guidance

- Consult a nutritionist to create a healthy meal plan tailored for two.
- Engage in regular physical activity together to enhance bond and health.

## Family Planning

- Discuss family planning options and consider pre-conception counseling.
- Understand the importance of prenatal vitamins if planning to conceive.

We encourage you to take these recommendations seriously as they can greatly contribute to a healthy and happy marriage.

If you have any questions or need further assistance, please do not hesitate to contact us.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]