

Having a Baby?

Learn about a program that can help you get good care from the start.

Did you know about this Medi-Cal program?

This program helps you and your baby get the care you both need right from the start. It includes personal care that starts as soon as you're pregnant and lasts for two months after you have your baby.

This program provides four types of services:

1. Medical Care
2. Social Services
3. Nutrition
4. Health Education

1. Medical Care

Regular medical care can help you have a healthy pregnancy. Your own doctor or nurse will check you at least once a month. He or she will answer your questions and give you the medical care you and your baby need.

2. Social Services

Pregnancy is a time of many emotional changes. Counselors will help you sort out your feelings and may be able to assist with food, housing, or job needs.

3. Nutrition

The food you eat feeds both you and your baby. A nutrition counselor will help you plan the right kinds of food to eat each day.

4. Health Education

This is a time of changes and choices. Counselors will help you plan your own care. You will learn about many things like labor, birth, and how to take care of your baby.

**For more information,
contact:**

