

ARE YOU HAVING A BABY?



Are you in
prenatal care?

FIND OUT HOW
WE CAN HELP!

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What is
Prenatal Care?

Prenatal care is the health care you receive before your baby is born. It consists of 12-15 visits to your doctor. It includes examinations, laboratory tests and advice about your pregnancy.



It is important to see a doctor as soon as you suspect you may be pregnant!

Why get
Prenatal Care?

Women who start prenatal care early in their pregnancies:

- ✓ Have fewer problems with the pregnancy.
- ✓ Deliver healthier babies.
- ✓ Get your own health care plan that includes advice about exercise, diet and the things you can do for a healthy baby and a comfortable pregnancy.



How Do I get
Prenatal Care?

The **Health Referral Line** can help you get no cost or low cost prenatal care with doctors in your area. Regardless of your immigration status, you can still apply!

Call to ask about:



- ✓ **Doctors** in your area.
- ✓ How you can apply for **PE** (Presumptive **E**ligibility) and **MEDI-CAL**. If you qualify, PE and MEDI-CAL will help you pay for prenatal care and delivery.
- ✓ How you can apply for **AIM** (**A**ccess for **I**nfants and **M**others). If you qualify, AIM will help you pay for your prenatal care and delivery. It will also help pay for immunizations and check-ups for your baby.



Health Referral Line

Monday-Friday 8am to 5pm:

1-800-564-8448

For the hearing impaired call:

1-800-801-7100