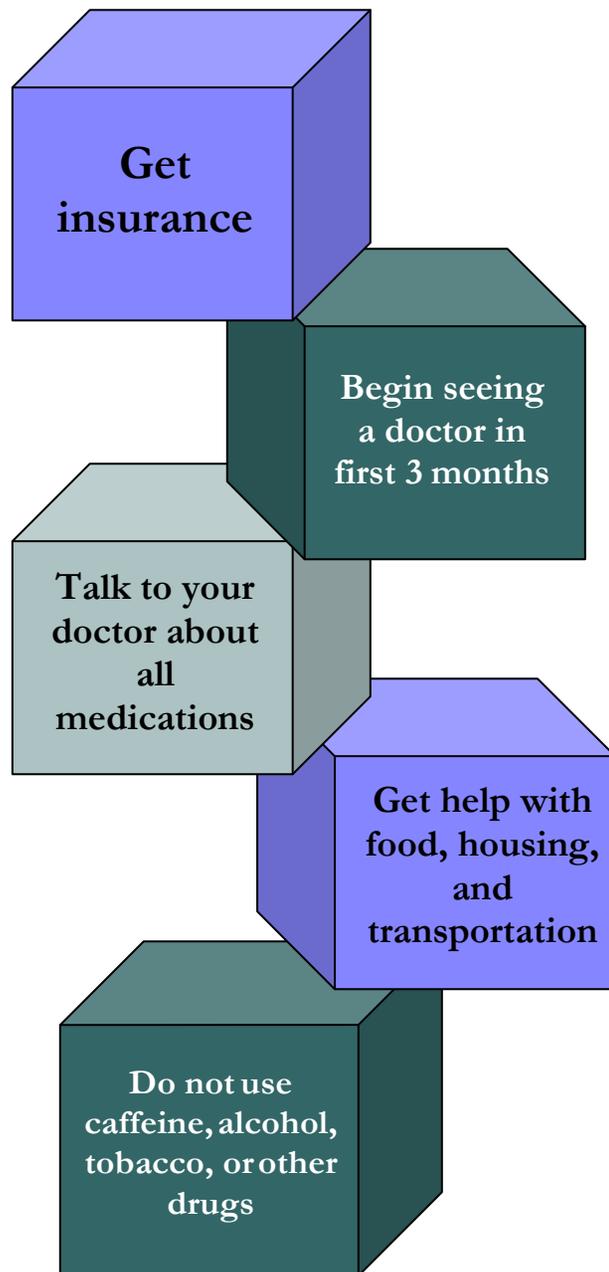


Building Blocks for Prenatal Care:



Get early and regular prenatal care!



Health and Human Services Agency

Maternal, Child and Adolescent Health Program (MCAH) Prenatal Care Guidance Program

800-300-5122
530-225-5851 or
530-225-5852 (fax)

Partially funded by support from the California Department of Public Health, Maternal, Child, and Adolescent Health Division 2010-45.

Pregnant?



Get early and regular prenatal care!

Call:
(Toll-Free)
800-300-5122
or
530-225-5851

Let us help you to have a healthy baby...

Prenatal Care Guidance Program

What can Prenatal Care Guidance (PCG) do for me?

A nurse from the PCG program can help you to:

- Get Medi-Cal or other low-cost insurance
- Get prenatal care even if:
 - you have no Medi-Cal or insurance
 - you are undocumented
 - your Medi-Cal is pending
- Find a doctor to care for you and your baby & make an appointment
- Get additional help, such as food, transportation, and housing
- Find other social support and health and family planning services
- Get help from programs for pregnant teens



Want help
with your
prenatal care ?

For more information, call
800-300-5122 or
530-225-5851

Who is Eligible?

- PCG serves low-income, Medi-Cal eligible pregnant women and their infants.

What does it cost me?

- Nothing

Tips For a healthier baby

- See a doctor as soon as possible
- Don't drink alcohol
- Don't use drugs or medication unless your doctor says it's ok
- Don't smoke cigarettes
- Stay out of smoky places
- Eat healthy foods & take prenatal vitamins
- Get regular dental care
- Exercise daily

