

# early prenatal care

ensuring a healthy pregnancy for you and your baby

## what is prenatal care?

- ◆ It is the special medical care you get from a doctor or midwife while you are pregnant.
- ◆ Most moms get at least 10 prenatal care visits while they are pregnant.
- ◆ At prenatal visits, your doctor will monitor the baby and check on your health.
- ◆ Prenatal visits may also include ultrasounds that let you see pictures of your baby!

If you have Medi-Cal, you may qualify for free non-emergency transportation services to get you to your health care visits. To learn more or schedule a ride call the member services number on your insurance card.

## why do I need to get early prenatal care?

**BABY**

- ◆ Moms who get quality prenatal care started during the first trimester (weeks 1-12) are more likely to deliver a full-term baby at a healthy weight than those who wait.
- ◆ Early and regular prenatal care can protect you and your baby from medical complications during your pregnancy and birth.
- ◆ Remember to contact your healthcare provider as soon as you find out you are pregnant to schedule your first prenatal appointment!

## check out these apps & websites for more information:

- ◆ Text4baby app
- ◆ My Pregnancy Today app
- ◆ Womenshealth.gov website
- ◆ Text the word “baby” 511411 to receive free weekly text messages about your pregnancy and baby

**MOM**

See the next page for a list of clinics you can call to schedule a prenatal appointment

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## Yuba & Sutter Counties

### Adventist Health + Rideout Women's Health

1007 Live Oak Blvd., Suite B2, Yuba City 95991  
(530) 671-8718 & [adventisthealth.org/rideout/](http://adventisthealth.org/rideout/)

### Sutter North Medical Foundation

969 Plumas Street, Suite 103 & Suite 116,  
Yuba City 95991  
(530) 749-3585 & [sutterhealth.org/services/pregnancy-](http://sutterhealth.org/services/pregnancy-sutterhealth.org/services/pregnancy-)  
[sutterhealth.org/services/pregnancy-](http://sutterhealth.org/services/pregnancy-)

### \*Women's Circle Midwife Services CPSP Provider

1003 Plumas Street, Yuba City 95991  
(530) 751-2273 & [yubasuttermidwife.com](http://yubasuttermidwife.com)

### \*Harmony Health Clinic and Family Resource Center CPSP Provider

1908 N Beale Road, Suite E Marysville 95901 (530) 743-6888 <a href="http://myharmonyhealth.org">myharmonyhealth.org</a>	399 Del Norte Ave., Yuba City (530) 753-4252 1215 Plumas Street, Suite 1400 (530) 777-3190 Yuba City 95991 <a href="http://myharmonyhealth.org">myharmonyhealth.org</a>
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### \*Peach Tree Health (530) 749-3242 & [pickpeach.org](http://pickpeach.org) (both locations) CPSP Provider

5730 Packard Avenue, Suite 500, Marysville 95901	1275 Tharp Road, Yuba City 95993
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If you have Medi-Cal, you qualify for extra prenatal services through the **Comprehensive Perinatal Services Program (CPSP)**. Ask your prenatal provider about these services as soon as you start prenatal care.

## need insurance for your pregnancy or help scheduling a prenatal appointment?

- ◆ Contact any provider with an \*asterisk listed above to inquire if a program called Presumptive Eligibility may cover your prenatal care before you get insured.
- ◆ Fill out an online application for Medi-Cal and other insurance plans at [coveredca.com](http://coveredca.com) or [BenefitsCal.com](http://BenefitsCal.com).
- ◆ Call Sutter County Public Health at (800) 371-3177 or (530) 822-7215 if you need assistance enrolling in health insurance, finding a prenatal care provider or scheduling an appointment for prenatal care.

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