



## **Healthy First Steps®**

**A program to help you and your baby stay healthy.**

Congratulations! You're expecting a baby. You're starting an important journey. But you're not alone. We'll be with you every step of the way.

Pregnancy can be the greatest time in a woman's life. It is also a time to take good care of yourself and lead a healthy life for you and your baby. If you're pregnant, you have access to Healthy First Steps. Our Healthy First Steps program gives you the information, education, and support you need. This helps lower any health risks during this special time.

Early and regular prenatal (before birth) care is very important to you and your child's health. Healthy First Steps helps you create healthy habits. Taking part in good prenatal care can help stop many medical problems for you and your baby.

### **Healthy First Steps Works with You and Your Doctor to Help You:**

- Choose a doctor or nurse midwife.
- Schedule visits and exams.
- Arrange rides to doctor's visits.
- Connect with community resources such as Women, Infants, and Children (WIC) services.
- Learn if you are at risk for early labor or other pregnancy problems.
- Receive education and counseling to lessen risk.
- Receive services for good prenatal care.
- Get care after your baby is born.
- Choose a pediatrician (child's doctor).
- Get family planning information.

### **Be a Part of Healthy First Steps:**

If you're pregnant, taking part in the Healthy First Steps program can be a great first step in making your pregnancy the healthiest it can be. With our help, you can focus on giving your baby the best start possible. Each mother-to-be who takes part in the Healthy First Steps program will receive a welcome packet.

### **To Sign Up:**

Call us toll-free at 1-800-599-5985, TTY 711, Monday through Friday, from 8 a.m. to 5 p.m.