

## Stay Healthy

### See your doctor

- ☞ Get blood, urine, and pap smear tests
- ☞ Keep vaccinations up to date
- ☞ Control any current medical condition
- ☞ Talk about medicines and vitamins you are taking
- ☞ Talk about family planning options

### See your dentist

- ☞ Brush and floss at least twice a day
- ☞ Gum disease may cause babies to be born early and/or have low birth weight

### Keep your body healthy

- ☞ Take a daily multivitamin with 400 micrograms (mcg) of Folic Acid
- ☞ Exercise, eat well, and maintain a healthy weight
- ☞ Don't smoke and stay away from secondhand smoke
- ☞ Don't drink alcohol or use other drugs

### Take care of yourself

- ☞ Ask for help if you feel anxious, sad, depressed, stressed, or are being hurt in your relationship



## Additional Resources

### Nurse-Family Partnership (NFP)

Free in-home visits by Public Health Nurses for low-income pregnant women who are having their first baby.  
**925-313-6920**

### Prenatal Care Guidance (PCG)

Free in-home education, resources, and support for pregnant women.  
**925-313-6254**

[www.cchealth.org/fmch/prenatal.php](http://www.cchealth.org/fmch/prenatal.php)

### Text4baby

Text the word BABY (or BEBE for Spanish) to 511411 and get free messages on your cell phone to help you through your pregnancy and your baby's first year.

[www.text4baby.org](http://www.text4baby.org)

### Women, Infants, and Children (WIC)

A supplemental nutrition program for pregnant, breastfeeding, and postpartum women, infants, and young children.

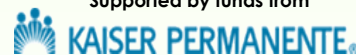
**1-800-414-4942**

[www.cchealth.org/wic](http://www.cchealth.org/wic)



Phone (925) 313-6254

[www.cchealth.org/groups/fmch](http://www.cchealth.org/groups/fmch)



This project was supported by funds received from the California Department of Public Health, Maternal, Child and Adolescent Health Division.

# Pregnant? No Insurance? Limited Income?

## You Don't Have to Wait For Prenatal Care.

## Presumptive Eligibility (PE)



## Prenatal Care Now!

June 2013

## Presumptive Eligibility (PE)

### Presumptive Eligibility:

- ☞ Known as PE
- ☞ Immediate, temporary Medi-Cal for low-income pregnant women
- ☞ Lets you see your doctor right away while you wait for your formal Medi-Cal approval
- ☞ **Lasts a minimum of 30 days**

### You qualify for PE if you:

- ☞ Think you are pregnant
- ☞ Permanently live in California, regardless of your immigration status
- ☞ Have limited income
- ☞ Don't have health insurance or have a high deductible

### PE provides:

- ☞ Free pregnancy tests
- ☞ Prenatal care
- ☞ Prescription drugs for your Pregnancy
- ☞ Abortion and miscarriage services

### PE does not provide:

- ☞ Emergency care
- ☞ Labor and delivery
- ☞ Inpatient care
- ☞ Family planning



## Call or visit a clinic near you to apply for PE

### Central County

#### **Contra Costa Health Services (CCHS) Healthy Start Program**

Martinez (925) 370-5495

#### **La Clínica Monument**

Concord (925) 363-2000

#### **Planned Parenthood Shasta Pacific**

Concord (925) 676-0300

### East County

#### **Daniel Zimmerman, MD**

Antioch (925) 754-6011

#### **Contra Costa Health Services (CCHS) Healthy Start Program**

Pittsburg (925) 431-2345

#### **La Clínica Pittsburg Medical Clinic**

Pittsburg (925) 431-1230

#### **Planned Parenthood Shasta Pacific**

Antioch (925) 754-4550

### West County

#### **Contra Costa Health Services (CCHS) Healthy Start Program**

San Pablo (510) 231-9469

#### **Lifelong Brookside Community Health Center**

Richmond (510) 215-5001

San Pablo (510) 215-9092

#### **Planned Parenthood Shasta Pacific**

Richmond (510) 222-5290

## Apply for formal Medi-Cal before PE expires

Apply on-line

[www.benefitscalwin.org](http://www.benefitscalwin.org)

Or

Call or visit your nearest Medi-Cal office:

**1-800-709-8348**

### Locations

4545 Delta Fair Blvd., Antioch

151 Sand Creek Rd., Brentwood

151 Linus Pauling Dr., Hercules

400 Ellinwood Way, Pleasant Hill

1305 Macdonald Ave., Richmond

### **Medi-Cal denied?**

Contact **AIM (Access for Infants and Mothers)** a low-cost health insurance program for pregnant women whose income is too high for Medi-Cal. **Apply before you are 30 weeks pregnant.**

**1-800-433-2611**

[www.aim.ca.gov](http://www.aim.ca.gov)

### **Need Help with Applications?**

For **FREE** help with the Medi-Cal or AIM application, call **1-800-771-4270**.

