Health Plan of San Joaquin

Prenatal Health Education Program

Congratulations on your pregnancy!

Are you an HPSJ Mom?

There's a lot going on and sometimes you don't have enough time in the day to get all of your questions answered. As an HPSJ Mom, you have access to materials that can help you have a healthier pregnancy with topics such as:

- Feeling comfortable during pregnancy
- Questions to ask your doctor
- The best foods for a healthy pregnancy
- How to plan for birth and delivery
- When to schedule your appointments

And much more! We also work with your provider to help you get a breast pump if you need it. As a bonus, we'll give you fun baby growth cards so you can share baby updates with your friends and family on social media.

Enroll now and get:

Tips on how to have a healthy pregnancy

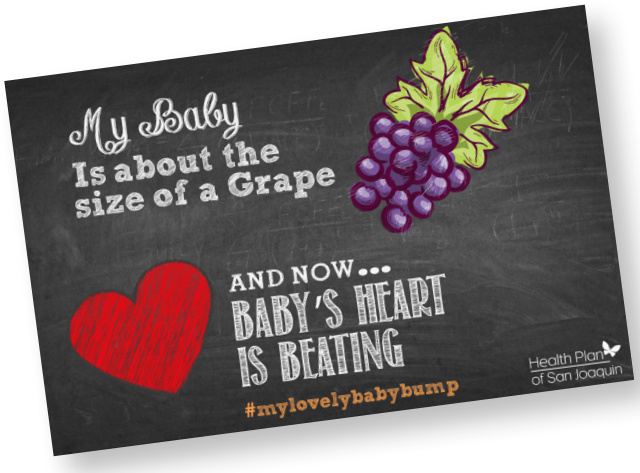
Fun baby growth cards

Gift Card for prenatal and postpartum visits

One on one help from nurse or social worker

HealthReach Advice Nurse Line 24 hours a day, 7 days a week. Call 800.655.8294

Free help on how to get a breast pump



If you are already a member and want to enroll in the Prenatal Health Education Program, enroll today:
www.HPSJ.com/Prenatal or call **888.936.PLAN (7526) TTY/TDD 711**