

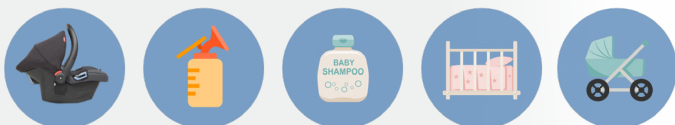


Me + My Baby

Health Plan
of San Joaquin

Bringing Baby Home

Stay prepared when you're getting ready to bring your baby home from the hospital.



Items for mom

- Nipple cream/gel for breastfeeding support
- Maxi pads and ice packs
- Water bottle and some fruit
- A breast pump (covered HPSJ benefit)

Bedding/Furniture

- Crib/bassinet or co-sleeper
- Swaddle blankets

Bath Time

- Newborn bathtub

Other items

- Colic drops
- Diaper rash cream
- Alcohol and cotton swabs to clean baby's umbilical cord
- Baby thermometer
- Newborn diapers
- Burp cloths
- Baby wipes

You can clean your baby's gums with gauze or a soft wet washcloth during bath time. You can wrap it around your finger and rub it gently over the gums.



Important Information

Enroll your baby today:

If you would like to enroll your baby in HPSJ, please visit www.HPSJ.com/Prenatal or call member services at **888-936-PLAN (7526) TTY/TDD 711**.

24/7 Advice Nurse Line: 800.655.8294

You may have questions after you give birth. HPSJ has an **Advice Nurse Line** that can help you stay at home with baby as long as possible.

Women, Infants, and Children (WIC):

Stanislaus Public Health: **(209) 558-7377**
San Joaquin Public Health: **(209) 468-3280**
or visit www.HPSJ.com/Prenatal

Make your first appointment after delivering.

Your Doctor:

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Baby's Doctor:

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