



Me + My Baby

Health Plan 
of San Joaquin

Prenatal Health Education Program

Congratulations on your pregnancy!

There's a lot going on and sometimes you don't have enough time in the day to get all of your questions answered.

Are you an HPSJ mom?

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 inside prenatal booklets so you can share baby updates with your family and friends on social media.



Enroll now and get:

- Tips on how to have a healthy pregnancy
- Fun baby growth cards in Me + My Baby booklets
- Gift Card for prenatal 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
- Help on how to get a breast pump

Sign up for the *Me + My Baby* program today: visit www.hpsj.com/Prenatal or call Member Service Representatives **888.936.PLAN (7526) TTY/TDD 711**, Monday - Friday 8:00 a.m. - 5:00 p.m.