

“You were with me during one of the most difficult times of my life. Your help and caring was one of the only reasons I made it through.”

- Prenatal Plus Client



Confidential Services

Prenatal Plus staff can talk privately with you about...

- Medicaid
- Tobacco use
- Healthy eating
- Doctor's visits
- Birth control methods
- A safe place to stay
- How to care for baby
- Personal problems and other things important to you, your family and your baby.

We are only a phone call away.

Jefferson County call:
Prenatal Plus
303-232-6301

Family Healthline
(303) 692-2229 - (Metro Denver)

1-800-688-7777 - (free from anywhere in Colorado)

Se Habla Español

The Family Healthline can also help you with other information you need for your baby and your family.

Prenatal Plus is a cooperative effort between the Colorado Department of Public Health and Environment and the Colorado Medicaid Program.

Jefferson County Public Health

Lakewood
Golden

Arvada
Edgewater

(303) 232-6301

www.jeffco.us/health

May 2011



Jefferson County Public Health

303-232-6301

www.jeffco.us/health

Public Health...Everyday, Everywhere, Everyone

Choose to Have a Healthy Pregnancy...

Pregnancy is a time of change, growth, discovery and a lot of questions. Prenatal Plus can help you, your baby and your family in a variety of areas such as nutrition, cutting back or quitting smoking and



preparing for labor and delivery. Prenatal Plus can also help you find and access community resources. Whether you're expecting your first child or your fifth, the Prenatal Plus Program can provide you with valuable information and support.

“ This program helped me with my problems and solutions. I have recommended it to friends. ”

- Prenatal Plus Client

How we work...

The Prenatal Plus team consists of a Public Health Nurse Care Coordinator, a Registered Dietician, and a Mental Health Professional. Women are seen in the office and at home for visits throughout the pregnancy and for up to two months after the baby is born.



Prenatal Plus team members empower women to make lifestyle choices that positively impact their pregnancies and result in healthier babies. This approach focuses on allowing the pregnant woman to define her own goals, while the team offers encouragement and assistance in achieving those goals.