Confidential Services

Prenatal Plus staff can talk privately with you about…

- Medicaid
- Tobacco use
- Healthy eating
- Health care provider 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.

"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

Public Health...Every day, Everywhere, Everyone

We are only a phone call away.

Jefferson County call:
Prenatal Plus
303-239-7135

text4baby

Free text messages to keep you and your baby healthy.
www.text4baby.org

Text "baby" to 511411

Jefferson County Public Health

645 Parfet Street
Lakewood, CO 80215

(303) 232-6301

jeffco.us/public-health

January 2014

Jefferson County Public Health

Prenatal Plus

Jefferson County Public Health
303-239-7135
jeffco.us/public-health

Public Health...Every day, Everywhere, Everyone

Choose to Have a Healthy Pregnancy...

Prenatal Plus is a voluntary program to help you have a healthy pregnancy and a healthy baby whether you are a first-time or more experienced mom.

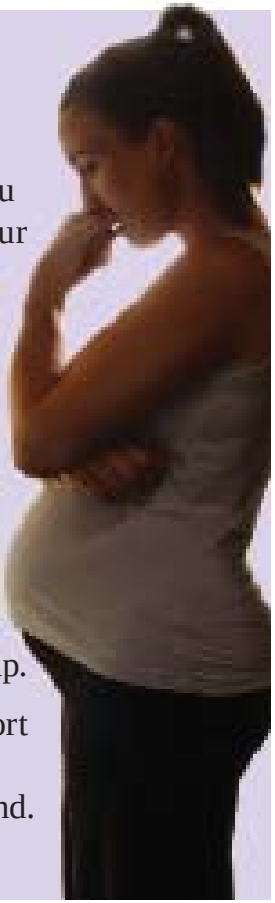
You may qualify for this program if you are on Medicaid or Presumptive Eligibility (PE). Call 303-239-7135.

If you are eligible, you and your family can receive:

- Support throughout your pregnancy and until your baby is two months old
- Home or office visits with a registered nurse to help you meet your goals for a healthy pregnancy
- Help getting your Medicaid card
- Answers to your questions about pregnancy, labor and delivery, breastfeeding, birth control and caring for your baby
- Information on resources in your community to help you and your baby
- Support and education about nutrition from a registered dietician at WIC
- Support from a professional counselor who can help you deal with stress and/or depression

Pregnancy Tips...

- See a doctor for prenatal care as early in pregnancy as you can.
- Start taking prenatal vitamins as soon as you find out you are pregnant.
- Eat a variety of healthy foods, especially fruits and vegetables. WIC is a great resource for information about healthy eating!
- Get immunizations to protect you and your baby from disease. Our immunization clinic can help you find out what immunizations you and your family need.
- Stay active. Physical activity is good for you and your baby.
- Be smoke-free. If you need help quitting, our public health nurses can help.
- Do not drink alcohol, use marijuana or any other drugs while you are pregnant. If you need help quitting, our public health nurses can help.
- We are here to support you throughout your pregnancy and beyond.



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

- Prenatal Plus Client