

have Medi-Cal even if you would have qualified for it.

What does PE cover?

- ✓ office visits
- ✓ lab tests
- ✓ x-rays & ultrasounds
- ✓ medicine
- ✓ dental care
- ✓ emergency room visits (if medically necessary)

What does PE NOT cover?

- ✦ specialists
- ✦ surgical procedures
- ✦ time in the hospital

Good nutrition is important for pregnant women and growing children. The WIC program can help...

**For more information, call:
822-7224**

If you have trouble
finding a doctor call:

Sutter County Public Health
Maternal, Child & Adolescent
Health Program
1445 Veterans Memorial Circle
Yuba City, CA 95993
530/822-7215
toll free 800/371-3177
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Photograph by Bill Payne Photography

**For
A
Healthy
Baby...**

See Your Doctor or Clinic
As Soon as You Think You
Are Pregnant!

What is early prenatal care? What does prenatal mean?

The word 'prenatal' means before birth. When we talk about 'early prenatal care', we are referring to the care you receive before the birth of your baby. Specifically, care received during the first three months of your pregnancy. One of the best ways to give your baby a healthy start in life is to get medical care starting during the first three months of your pregnancy and all during your pregnancy. Prenatal care is necessary for the health of the mother and the baby.

As soon as you think you may be pregnant, call your health care provider as soon as possible to schedule a visit.

Why do I need to see a doctor in the early weeks of my pregnancy?

Seeing a doctor in the first three months of your pregnancy is important for a healthy mom and a healthy baby. Women who start prenatal visits during the first three months of pregnancy have fewer problems with their pregnancy and have healthier babies.

If you smoke, drink or do drugs, STOP NOW!

What can I expect to happen at the doctor's office?

The doctor will usually check the following:

- weight
- blood pressure
- uterus to check for proper growth of the baby
- physical examination including pelvic exam
- urine test to measure sugar and protein levels
- baby's heart rate
- lab tests

What should I do until I can get in to see my doctor for prenatal care?

Eat Healthy

→ drink milk, eat yogurt or cheese for calcium

→ eat beans, peas, broccoli and asparagus to get help enough folic acid to prevent birth defects

Take a prenatal vitamin every day!

Avoid getting too hot

→ avoid taking hot baths

→ avoid hot tubs and saunas

Only Take Medications That Are Approved by Your Doctor or Clinic!

Presumptive Eligibility:

What is it and how do I get it?

A process called "Presumptive Eligibility" (PE) allows pregnant women who have not yet applied for a **Medi-Cal** card to receive **temporary** coverage for prenatal care. The temporary coverage is good from the date of issue until the end of the next month. For example: if your PE was issued on Oct 11th, it would be good until November 30th.

How do I get PE?

You must have a pregnancy test done by a doctor or clinic. Bring the paper to:

Health Department
1445 Veterans Memorial Circle
Yuba City/530-822-7215

or

Welfare Department
190 Garden Highway
Yuba City/530-822-7230

You may qualify for PE if:

- ⊗ You do not have Medi-Cal card for yourself and have not applied for one.
- ⊗ The amount of money you earn or receive each month does not exceed the maximum amount allowed.

You must fill out and turn in ALL required paper work to the Welfare Office before your temporary coverage runs out or you will not