

Stay Healthy

See your doctor

- ☞ Get blood, urine, and pap smear tests
- ☞ Keep vaccinations up to date
- ☞ Control any current medical condition
- ☞ Talk about medicines and vitamins you are taking
- ☞ Talk about family planning options

See your dentist

- ☞ Brush and floss at least twice a day
- ☞ Gum disease may cause babies to be born early and/or have low birth weight

Keep your body healthy

- ☞ Take a daily multivitamin with 400 micrograms (mcg) of Folic Acid
- ☞ Exercise, eat well, and maintain a healthy weight
- ☞ Don't smoke and stay away from secondhand smoke
- ☞ Don't drink alcohol or use other drugs

Take care of yourself

- ☞ Ask for help if you feel anxious, sad, depressed, stressed, or are being hurt in your relationship



Additional Resources

Home Visiting Program

Free in-home visits by Public Health Nurses for pregnant women with medical conditions such as: gestational diabetes, high blood pressure and/or infants with a medical condition.

1 (800) 794-6517

(916) 375-6380 or (530) 666-8645

Women, Infants, and Children (WIC)

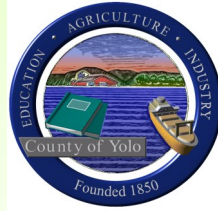
A supplemental nutrition program for pregnant, breastfeeding, and postpartum women, infants, and young children.

(530) 666-8445 or (916) 375-6390

Text4baby

Text the word BABY (or BEBE for Spanish) to 511411 and get free messages on your cell phone to help you through your pregnancy and your baby's first year.

www.text4baby.org



www.yolocounty.org



This project was supported by funds received from the California Department of Public Health, Maternal, Child and Adolescent Health Division.

This flyer has been adopted from Contra Costa County with permission.

Pregnant? No Insurance? Limited Income?

You Don't Have to Wait For Prenatal Care.

Presumptive Eligibility (PE)



Prenatal Care Now!

**Yolo County Health Department
MCAH Programs**

Presumptive Eligibility (PE)

Presumptive Eligibility:

- ☞ Known as PE
- ☞ Immediate, temporary Medi-Cal for low-income pregnant women
- ☞ Lets you see your doctor right away while you wait for your formal Medi-Cal approval
- ☞ **Lasts a minimum of 30 days**

You qualify for PE if you:

- ☞ Think you are pregnant
- ☞ Permanently live in California, regardless of your immigration status
- ☞ Have limited income
- ☞ Don't have health insurance or have a high deductible

PE provides:

- ☞ Free pregnancy tests
- ☞ Prenatal care
- ☞ Prescription drugs for your Pregnancy
- ☞ Abortion and miscarriage services

PE does not provide:

- ☞ Emergency care
- ☞ Labor and delivery
- ☞ Inpatient care
- ☞ Family planning



Call or visit a clinic near you to apply for PE

Dignity Health Woodland Health Care
(530) 668-2600
Woodland, CA

Hansen Family Health Center
(530) 405-2800
Woodland, CA

Salud Clinic
(916) 403-2900
West Sacramento, CA

Davis Community Clinic
(530) 758-2060
Davis, CA

Winters Health Care Foundation
(530) 795-4377
Winters, CA

Esparto Community Medical Center
(530) 787-3454
Esparto, CA

Prenatal Care Guidance (PCG)
Assures that Medi-Cal eligible women in Yolo County are receiving adequate prenatal care. PCG provides outreach to women of childbearing age in Yolo County.

Yolo County Health Department
1 (800) 794-6517
(530) 666-8562 or (916) 375-6380

Need additional assistance please call the numbers above.

Apply for formal Medi-Cal before PE expires

Call or visit your nearest Medi-Cal office:
1 (855) 278-1590

Locations
500 Jefferson Blvd.
West Sacramento, CA
(916) 375-6200

25 N. Cottonwood St.
Woodland, CA
(530) 661-2750

Or
Apply on-line
www.benefitscalwin.org

Medi-Cal denied?

Contact **AIM (Access for Infants and Mothers)** a low-cost health insurance program for pregnant women whose income is too high for Medi-Cal. **Apply before you are 30 weeks pregnant.**
1 (800) 433-2611
www.aim.ca.gov

Need Help with Applications?

For **FREE** help with the Medi-Cal or AIM application, call
1 (866) 607-4030

