

## Indian River County Healthy Start Coalition is here to help!

Our free programs include:

### **MomCare**

Maternity care advisors for pregnant women who receive Medicaid.

### **Healthy Start Care Coordination**

Home visits, classes, counseling, information & referrals for prenatal risks & conditions and premature & high risk infants.

### **TLC Newborn**

Family help line for child development and one on one breastfeeding support.

### **Healthy Families IRC**

Home visitations that encourage positive parent/child interaction and provide community resources & activities for parents and children.

### **Partners in Pregnancy & Parenting**

Education and support for pregnant mothers receiving prenatal care at Partners in Women's Health.

Every Baby  
Deserves a  
Healthy Start!



If you would like more information about programs for pregnant women please call:

### **Indian River County HEALTHY START COALITION**

1615 10th Avenue  
Vero Beach, FL 32960


Phone: 772-563-9118  
Fax: 772-563-9125  
Email: [info@irchealthystart.org](mailto:info@irchealthystart.org)  
[www.irchealthystart.org](http://www.irchealthystart.org)



# 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. 'Early prenatal care' refers to the care you receive early in your pregnancy, specifically, care you receive in the first 3 months of your pregnancy. One of the best ways to give your baby a healthy start is to get medical care starting during the first 3 months of your pregnancy and continuing throughout your pregnancy. Prenatal care is necessary for the health of your baby and you!

**As soon as you think you may be pregnant**, call your health care provider 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 & healthy baby. Women who start prenatal care during the first 3 months have fewer problems with their pregnancy & healthier babies.

## How can I afford prenatal care?

If you are pregnant, you may qualify for special health insurance through Medicaid. You can apply for this program if your family meets the income guidelines, even if you or other family members are working. Once you are enrolled, the program will cover medical care and hospitalization during your pregnancy. It may also cover health care bills you received up to three months before your enrollment. There is no cost for this coverage. Your baby may also be eligible for free insurance after he or she is born. To enroll, you must get a certificate of pregnancy from the Health Department. The Health Department staff will help you with the application process and answer any questions you have.

## What should I do until I can get in to see my doctor?

### • Eat Healthy

Drink milk, eat yogurt or cheese for calcium. Avoid alcohol. Make sure to eat beans, peas, broccoli and asparagus to get enough folic acid to prevent birth defects.

### • Take a Prenatal Vitamin

Ask at your local pharmacy about

**prenatal vitamins** and take one every day!

### • Avoid getting too hot

Avoid taking hot baths or using hot tubs & saunas.

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

The following usually occurs:

- Weight is checked
- Blood pressure is taken
- Uterus is checked for proper growth of the baby
- Physical examination including pelvic exam is completed
- Urine test is done to measure sugar and protein levels
- Baby's heart rate is checked
- Lab tests are run

