

What Is Prenatal Care?



Prenatal care is the health care you get while you are pregnant. Getting prenatal care can help you have a healthier baby. It also lowers the risk of your baby being born too early, which can lead to health problems for your baby.

The first three months you are pregnant are very important for you and your baby. Your first visit is a great time to ask questions, learn about healthy eating, and find out how your baby is growing.

You can get routine prenatal care without a referral. Visit a provider as soon as you think that you are pregnant. You can also get prenatal care if you adopted your child.



Schedule a visit with your provider.

You will get a \$50 gift card in the mail if you have a prenatal check-up within your first trimester or within 42 days of joining SFHP Medi-Cal. The gift card will be mailed to you 8 weeks after giving birth.



What to Expect at Your Prenatal Visit

Your first visit will be longer than the others. During this visit, your provider will:

- Check your height, weight, and blood pressure
- Order blood tests
- Check your urine
- Tell you how far along you are in your pregnancy
- Ask about you and your family's health history
- Give you a physical exam
- Tell you about vitamins with folic acid (a type of vitamin B)
- Make your next appointment

You Can Get a Doula at No Cost with Medi-Cal

During prenatal care, your provider and doula (birth worker) can find any health problems that come up. A doula is a health worker who can give you care and support while you are pregnant.

To learn more about getting a doula, call SFHP Customer Service at **1(415) 547-7800**.



See the “Maternal Health: Prenatal Care” fact sheet to learn more about prenatal care.