

Healthy Mom Program

After you give birth, it is time to think about you!
Get a **\$40 debit card** for going to your postpartum doctor visit!



L.A. Care
HEALTH PLAN®
For A Healthy Life

At your visit, your doctor will make sure:

- You don't have any infections.
- Your body is healing.
- You are doing well emotionally.
- It is ok to go back to regular activities, like sex.
- To help you with family planning.
- To check your weight and blood pressure.

L.A. Care Health Plan will:

- Educate you on the importance of the postpartum visit.
- Help you schedule your postpartum visit.
- Arrange interpreting services, if needed.
- Arrange transportation services, if needed.

L.A. Care Medi-Cal direct members who go to their postpartum visit **7-84 days (1-12 weeks)** after giving birth will get a **\$40 debit card**.

L.A. Care will need to confirm your doctor's visit.

Free language assistance services are available.
Call L.A. Care **1.888.839.9909** (TTY **711**)
24 hours a day, 7 days a week, including holidays.
The call is free.

L.A. Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



\$40 DEBIT CARD
Your postpartum visit should be between **7-84 days (1-12 weeks)** after giving birth.

If you need help, call:
Maricela Rojas • Health Education Advocate
L.A. Care Health Plan • **1.213.694.1250** x 4408