



YOUR PREGNANCY AND HEALTH: WHAT YOU NEED TO KNOW

There are many things to think about when you find out you are pregnant. This guide can help you through your journey with important health education resources.

Start Early for a Healthy Baby

Start prenatal care as soon as you know you're pregnant. You don't need a referral to see an OB/GYN or midwife. Early and regular check-ups are important for both you and your baby. These visits help track your baby's growth and give you a chance to talk with your provider about nutrition and exercise.

Remember:

- Schedule your first visit right away.
- Follow your doctor's advice on vitamins and healthy eating.
- Attend all your prenatal appointments.

High Risk Pregnancy?

If your pregnancy is high risk, you may need specialty services. Your prenatal provider or Primary Care Physician (PCP) can help make a referral.

Looking for Extra Support?

Doulas can offer support, health education, and non-medical care for people who are pregnant or were pregnant within 12 months.

Visit lacare.org/pregnancy for more info.

Good News!

Breast pumps and supplies are covered. Breastfeeding is a great choice for your baby's health, and we encourage you to consider it. Using a breast pump can help maintain your milk supply or to store milk for later.

Talk with your provider to get approval for Durable Medical Equipment (DME).

Mental Health Matters

Your provider will check for signs of depression during prenatal and postpartum visits. This helps catch signs early, so you can get the support you need to stay healthy.

Need someone to talk to? Call **Carelon Behavioral Health at 1.877.344.2858**

Reproductive Health Services

Family planning, birth control, and abortions are covered. You can get outpatient abortion services without needing an in-network provider. Know your options and take control of your health.

Learn more at Womenshealth.gov/A-Z-Topics/Birth-Control-Methods

For this information in your language or for any Maternity and Reproductive Health questions, Call **213-428-5500 x 4408** a Health Education Advocate can help you.