



PRENATAL CARE

for a

HEALTHY JOURNEY

Prenatal care helps keep you and your baby healthy through regular checkups with a health care provider.

Prenatal Care Helps With:

- Monitoring your baby's growth
- Managing health concerns early
- Providing nutrition and wellness guidance
- Reducing risks for you and your baby
- Preparing for labor and delivery

Scan the following QR codes for:

**Child health
resources**



**Maternal health
resources**



**Patient and
family resources**

