Prenatal Care is Good Medicine

Prenatal care helps keep you and your baby healthy. Without it, mothers are three times more likely to have a baby with a serious health problem.

For a healthy pregnancy:

- Take prenatal vitamins
- Attend appointments
- Complete recommended tests
- Avoid smoking, alcohol, and drugs
- Learn your partner's health history
- Seek help for mental health
- Seek help for substance use
- Talk to your provider about concerns

Scan the QR code for more information