

# Prenatal Care Guidance Program

Want help with your prenatal care?

## What can Prenatal Care Guidance (PCG) do for me?

A nurse from the PCG program can help you to:

- Connect to Medi-Cal or other low-cost insurance
- Get prenatal care even if:
  - You do not have Medi-Cal or insurance
  - You are undocumented
  - Your Medi-Cal is pending
- Find a doctor to care for you and your baby and make an appointment
- Get additional help, such as food, transportation and housing
- Find other social support and health and family planning services
- Get help from programs for pregnant teens

For more information  
(800) 300-5122 or  
(530) 225-5851

## Who is Eligible?

The Prenatal Care Guidance program serves low-income, Medi-Cal eligible pregnant people and their infants.

## What Does it Cost?

It costs nothing.

## Tips for a Healthier Baby:

- See a doctor as soon as possible
- Don't drink alcohol
- Don't use drugs or medication unless your doctor says it's ok
- Don't smoke cigarettes
- Stay out of smoky places
- Eat healthy foods and take prenatal vitamins
- Get regular dental care
- Exercise daily



## Building Blocks for Prenatal Care



Maternal, Child and  
Adolescent Health Program (MCAH)

### Prenatal Care Guidance Program

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(530) 225-5852 (fax)



Shasta County  
**Health & Human  
Services Agency**

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## Maternal, Child, and Adolescent Health Care Program (MCAH)

Get Early & Regular Prenatal Care!  
Let us help you have a healthy baby.

Call Toll-Free  
(800) 300-5122 or (530) 225-5851

