



For members of Santa Barbara Regional Health Authority

Better Beginnings Program Benefits

The Better Beginnings program provides information and special benefits to our members who are pregnant. We want to help our members have a healthy pregnancy and a safe, healthy baby. Members of Santa Barbara Health Initiative and Prenatal PLUS 2 can receive these services.

You can receive:

- ❖ Information packets mailed to the home
(in English or Spanish)
- ❖ Doctor visit reminder
- ❖ Nutrition visits and education with Registered Dietitians
- ❖ Breastfeeding visits and education with
Certified Lactation Educators
- ❖ Help with getting transportation to OB doctor visits*
- ❖ Free childbirth classes at local hospitals*
- ❖ Referrals to community resources

To request information or to receive any of these services,
please call:

Santa Barbara Regional Health Authority
Member Services Department
1-877-814-1861

***Covered under Santa Barbara Health Initiative program only.**