

# Services for Pregnant People and New Parents



If you have Medi-Cal and are pregnant or just had a baby, you have access to free health care and services to keep you and your baby healthy and safe.

## Medi-Cal Programs and Services



### Health Care

Medi-Cal covers health care for you and your baby—from pregnancy until at least one year postpartum. That includes labor and delivery, doctor visits, hospital stays, emergency care, medical supplies, medications, family planning, dental, vision, and more.



### Care Coordination

Get help managing your health care before and after your baby is born, including follow up doctor's visits, rides to the doctor, and specialty care referrals.



### Mental Health & Addiction

Talk to a therapist and get help for common issues like postpartum depression or anxiety, mental health needs, or alcohol and drug treatment.



### Classes for Health, Childbirth & Parenting

Learn how to stay healthy during pregnancy, make a birth plan, and take care of your new baby.



### Breastfeeding & Nutrition

Get help with breastfeeding coaching, free breast pumps, nutrition counseling, and vitamins.



### Community Supports

If you qualify, you can get help with housing, healthy food, and other needs along with your health care.



### American Indian Maternal Support Services

American Indian mothers can get health care, education, emotional support, and home visits before and after having a baby.

## Other Programs and Services



### Paid Family Leave

Get up to eight weeks of paid leave for each parent to care for your family within a 12-month period.



### Women, Infants, and Children

Get healthy foods, breastfeeding help, and checkups for you and your baby.



For members who want to add to their budget to put healthy and nutritious food on the table.



### Black Infant Health

Black pregnant and postpartum people can get both one-on-one and group help.

**Ready to support a healthy pregnancy and start your baby's journey off strong?**

Scan the QR code or visit [www.dhcs.ca.gov/services/Pages/Maternal-Perinatal.aspx](http://www.dhcs.ca.gov/services/Pages/Maternal-Perinatal.aspx) to explore these free services and find the right support for you and your family.

