

Stay healthy during pregnancy — before and after your baby is born!



Pregnant or just had a baby? As an HPSM member, you can join the **Baby+Me** program. The program connects you to services and local resources to support you during and after pregnancy! Through the program you can:

- 😊 Find a provider for your prenatal care
- 😊 Get a breast pump at no cost to you
- 😊 Connect to a doula provider
- 😊 Access other local programs for parents and families

As an HPSM Medi-Cal member, you also may get up to \$100 in gift cards for going to just two visits with your pregnancy care provider:

- ★ **\$50 gift card** for seeing your provider in the **first 12 weeks** of pregnancy.
- ★ **Another \$50 gift card** for visiting your provider **1-12 weeks after your baby is born.**



Sign up by calling our Baby+Me team at 650-616-2165!

Members can opt out at anytime after joining by calling the Baby+Me team.



Get your gift cards in just a few steps:

After you speak with the **Baby+Me** team, we'll mail you a form and letter.



Take the form to your pregnancy care provider and ask them to fill it out.



Send the form back to HPSM using the postage paid envelope or by fax **650-829-2073**.

HPSM uses the form to confirm the timing of your visits during and after pregnancy. If eligible, you will be sent a **\$50 gift card** for each one.

Learn More About the Program

Visit www.hpsm.org/baby-and-me or scan the QR code to learn more about programs, services and resources that can help you and your baby thrive!



If you are an HPSM member who is pregnant or just had a baby, sign up today!