# PRENATAL CARE
## for a HEALTHY JOURNEY

**Prenatal care is an important step to ensure you and your baby are healthy. Regular check-ups and guidance from a health care provider support a healthy start for your child.**

**Prenatal Care Helps With:**

- Monitoring your baby's growth and development
- Managing any health conditions early
- Accessing nutrition advice and wellness tips
- Reducing risks of complications for your baby
- Preparing for labor and delivery
- Ensuring healthy pregnancy for mom and baby.

**For child health resources, visit:** bit.ly/3UGgDTL

**For maternal health resources, visit:** bit.ly/4fbXVeP

**For patient and family resources, visit:** bit.ly/48CcQMW