

# Prenatal Care is Good Medicine



Prenatal care can help keep you and your baby healthy. Mothers who do not get prenatal care are three times more likely to have a baby with a serious health problem.

For a healthy pregnancy:

- Take prenatal vitamins
- Attend prenatal appointments.
- Complete all prenatal labs and recommended testing.
- Avoid smoking, drinking alcohol, and using drugs.
- Learn about your partners' health history.
- Get help for anxiety, depression, and alcohol and drug use.
- Talk to your provider about any concerns or questions.

Scan the QR Code for more information about prenatal care.

